

Recreation Programs

Summer 2011

CITY OF LAKE FOREST

June, July, August

# Leisure Times



**Celebrating Independence on our 20th Birthday!**  
Join us for our Annual 4th of July Parade at 10 a.m.  
See page 3 for more info





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## Contact Information

Lake Forest Community Center  
25550 Commercentre Dr  
Lake Forest, CA 92630  
461-3450  
www.lakeforestca.gov

Etnies Skatepark  
of Lake Forest . . . . . 916-5870  
www.etnieskateparkoflakeforest.com

Lake Forest Teens . . . . . 461-3446  
www.LFteens.com

Lake Forest Seniors . . . . . 461-3408  
www.lakeforestca.gov/seniors

IVC Emeritus  
Registration . . . . . 451-5555

SVUSD  
Recreation . . . . . 768-0981, press 3

Building Inspection . . . . . 461-3470

City Clerk . . . . . 461-3420

City Council . . . . . 461-3422

City Manager's Office . . . 461-3410

Community  
Policing Center . . . . . 461-3530

Employment Hotline . . . . 461-3418

Fields Hotline . . . . . 461-3595

Graffiti Hotline . . . . . 461-3583

Planning . . . . . 461-3491

Public Works . . . . . 461-3480

Recreation . . . . . 461-3450

Redevelopment . . . . . 461-3567

Front Cover Photo: John McGuire

## Community Services Summer Quarter HOLIDAY/CLOSED FRIDAY SCHEDULE

For general questions regarding Community Services Programs on these days visit the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov). You can also register for programs even on these closed days. Visit our on-line registration at [online.active-communities.com/lfreonline](http://online.active-communities.com/lfreonline).

The Community Services Department will be closed on the following holidays: **(No classes will be held on these dates.)**

- Monday, May 30  
(Memorial Day)
- Monday, July 4  
(in observance of the holiday)



City Hall is closed to the public on alternating Fridays, with staff working longer hours until 6:00 pm during the remainder of the work week to serve you better! During the months of June, July, and August, City Hall is closed on the following Fridays:

- Friday, June 10
- Friday, June 24
- Friday, July 8
- Friday, July 22
- Friday, August 5
- Friday, August 19

# CITY SPECIAL EVENTS

## Summer Concert Series

Don't miss your chance to be a part of a Lake Forest summer time tradition - the Annual Summer Concert Series in the Park! These family oriented concerts are a summertime favorite and will once again bring City of Lake Forest families together to rock out, dance, and enjoy the Pacific Symphony. Food and refreshments will be available to purchase. For more info call 461-3450 or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) or see pictures on the City of Lake Forest's special events facebook page at [facebook.com/LakeForestEvents](https://facebook.com/LakeForestEvents). All concerts are held at Pittsford Park (21701 Pittsford Drive).

### American Idols Brooke White & Syesha Mercado with "Tha Way Out"

The magic of Brooke White resonates within her music and passion for creativity. Brooke was an American Idol finalist in 2008 and made an unforgettable impression on Idol's seventh season viewers as she made it to the final 5. The Phoenix, Arizona native presented herself like a beacon of light that shows through the passionate soul and 70's flavored gold sound of her voice. Syesha Mercado wowed the judges and public on American Idol Season 7 as she made it all the way to the final 3. Since then she has gone on to tour with the Broadway show "Dream Girls" and is currently working on a full length album. Her music is said to be full of soul and has the power to tell a story. Opening the show and no stranger to National American television audiences is "Tha Way Out." This group of 6 sisters was featured on "America's Got Talent" in 2006. Whether they are performing covers or original songs, their unique delivery style captivates and produces "music that moves the soul."

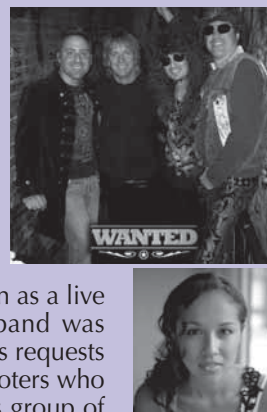


**All Ages      Jun 26      Sun      5:30-7:30 pm**

Join us for Demo Day on June 26 at our first summer concert! Preview great summer classes and camps, meet some of our awesome instructors, and check out fun activities for all ages.

### "Wanted" and Kina Grannis

"Wanted" is an incredible replication of the music of Bon Jovi that was created with one purpose in mind... to create a fun concert environment in the style, vibe, and atmosphere of the spectacle that is known as a live Bon Jovi show. The band was created after numerous requests from agents and promoters who have worked with this group of professional musicians on other projects, and was two years in the making. "Wanted" is a slick, rock and roll machine that has played to rave reviews and sold out venues almost immediately after the band's first shows. The youthful and creative Kina Grannis returns to the summer concert series with having independently released her full-length album, "Stairwells," which debuted on Billboard's Top 200 and #5 on iTunes' Pop Chart. Her music is both sweet and melancholy, but always filled with hope. Kina looks forward to bringing the spirit of summer to Lake Forest and meeting all her fans!



**All Ages      Jul 24      Sun      5:30-7:30 pm**

### Pacific Symphony presents "Target Symphony in the Cities" End of Summer Spectacular

Back by POPular demand, the City of Lake Forest will once again be graced with a live performance by Pacific Symphony. This year's concert, themed "Celebration of Youth," will offer light pop and classical tunes, patriotic music and special guest artists. There will also be a "musical playground" for your children, which features hands-on music making and a conducting clinic. Children who participate in the conducting clinic have the opportunity to assist Maestro Carl St. Clair during a portion of the concert.

**All Ages      Aug 14      Sun      5:30 pm – Musical Playground  
All Ages      Aug 14      Sun      7:00 pm – Symphony Performance**



# SUMMER EVENTS AT A GLANCE

DATE	TIME	EVENT	LOCATION	FEE
Sun, May 22	5:00 pm	Prelude in the Park	Pittsford Park	Free (nominal fee for food)
Sun, June 5	3:00 pm	"Rpl Effect" and "Sister Venus" Concert & BBQ	Nature Park	Free (nominal fee for food)
Sat, June 11	10:00 am	Riverbed Cleanup	Etnies Skatepark of Lake Forest	Free
Fri, June 17	6:00 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest	\$5 entry fee per person
Fri, June 17	7:30 pm	Movies in the Park ~ "Despicable Me"	Cherry Park	Free
Sun, June 26	5:30 pm	Summer Concert Series ~ American Idols Brooke White & Syesha Mercado with "Tha Way Out"	Pittsford Park	Free
Mon, July 4	10:00 am	Independence Day Parade	Toledo Way to Serrano Road	Free
Fri, July 8	7:30 pm	Movies in the Park ~ "How To Train Your Dragon"	Rimgate Park	Free
Fri, July 15	6:00 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest	\$5 entry fee per person
Sat-Sun, July 16-17	5:30 pm-10:00 am	Family Campout	Pittsford Park	\$5 per person
Sun, July 24	5:30 pm	Summer Concert Series ~ "Wanted" and Kina Grannis	Pittsford Park	Free
Fri, August 5	7:30 pm	Movies in the Park ~ "Beauty & The Beast"	Mountain View Park	Free
Sat-,Sun., August 6-7	10:00 pm-9:00 am	BMX Summer Skatepark Campout	Etnies Skatepark of Lake Forest	\$30 per person
Sun, August 7	3:00 pm	Blues & BBQ	Nature Park	Free
Fri, August 12	6:00 pm	Band Nights at the Skatepark	Etnies Skatepark of Lake Forest	\$5 entry fee per person
Sun, August 14	7:00 pm	Summer Concert Series ~ End of Summer Spectacular	Pittsford Park	Free
Fri, August 26	7:30 pm	Movies in the Park ~ "The Princess and The Frog"	El Toro Park	Free
Fri, August 26	7:30 pm	"Navigate to Nectar" Official Entry Form due at Movies in the Park	El Toro Park	Free
Sat, August 27	6:00 pm	Eighth Annual Speed Demon Race	Etnies Skatepark of Lake Forest	\$10 entry fee per person
Fri-Sat, September 2-3	10:00 pm-9:00 am	Summer Skatepark Campout	Etnies Skatepark of Lake Forest	\$30 per person

For more info call 461-3450 or visit our website at [www.lakeforestca.gov](http://www.lakeforestca.gov)  
or follow us on [twitter.com/Navigate2Nectar](https://twitter.com/Navigate2Nectar)



# 4th of July Parade 2011

## Monday, July 4th



The 2011 4th of July Parade  
Logo designed by Tim Cabrera

Attention one and all! It's time once again to celebrate our great country's independence. The Lake Forest community is proud to present its 20th Annual 4th of July Parade, and is looking for creative, enthusiastic and patriotic participants to enter the fun! This year's theme is "Celebrating Independence on Our 20th Birthday!"

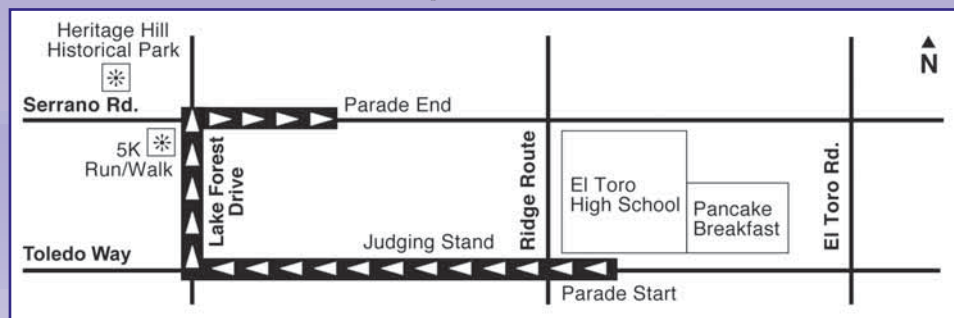
**All Ages Welcome! Free!**

For more info please contact Ron Rivera at 461-3457 or [rrivera@lakeforestca.gov](mailto:rrivera@lakeforestca.gov)

To obtain an entry form:

- Pick one up at the City of Lake Forest City Hall (Second Floor), 25550 Commercentre Dr
- Email your address to [rrivera@lakeforestca.gov](mailto:rrivera@lakeforestca.gov) to receive one by mail.
- Download from the City website at [www.lakeforestca.gov/4thjuly](http://www.lakeforestca.gov/4thjuly)

### 4th of July Parade Route



### Parade Day Schedule of Events

• **7:00-10:00am**  
**Kiwanis Pancake Breakfast**

Located in front of El Toro High School gym on Toledo Way. Price: \$5 per person

• **7:30am**  
**El Toro High School PSTO Firecracker 5K Run/Walk**

Proceeds go to El Toro High School PSTO. Starts and finishes at the corner of Lake Forest Drive & Serrano Road. Early Registration: \$25 for adults and \$10 for students. After June 22nd: \$30 for adults and \$10 for students. More information available on our website [www.lakeforest5k.org](http://www.lakeforest5k.org)

• **10:00am**  
**"Celebrating Independence On Our 20th Birthday" Independence Day Parade**

Parade starts at the corner of Toledo Way and Ridge Route Drive (in front of El Toro High School) and ends on Serrano Road before Ridge Route. For additional information call the Parade hotline number at 461-3591, the Community Services Department at 461-3450, or visit [www.lakeforestca.gov/4thjuly](http://www.lakeforestca.gov/4thjuly)

Thank you to our parade sponsors



Your Friend in the Digital Age.



– Official Entry Form For –

# Navigate TO Nectar

## June 2 – August 26

Join us on the hunt to spot Nectar at secret photo locations around the city!

**How to Find Nectar:** Each Thursday (beginning June 2) Nectar will send out a hint on Twitter. Each Friday Nectar will post a photo hint on the Community Services Special Events Facebook page. The first person to post Nectar's correct location is that week's "Navigate to Nectar" winner! Nectar has stashed away some great weekly prizes like movie tickets, t-shirts, and gift cards! Fill out all ten locations correctly, and bring the official entry form to "Movies in the Park" on August 26 for a chance to win the grand prize ~ a Family Fun Basket filled with lots of great stuff!



### I spotted Nectar at...

Photo location 1

Photo location 2

Photo location 3

Photo location 4

Photo location 5

Photo location 6

Photo location 7

Photo location 8

Photo location 9

Photo location 10

### To Find Nectar:



Signup for "Navigate to Nectar"  
tweets: [twitter.com/Navigate2Nectar](https://twitter.com/Navigate2Nectar)  
plus



Join the Special Events Facebook page  
for photo hints: [facebook.com/LakeForestEvents](https://facebook.com/LakeForestEvents)

### Turn in the Official Entry Form at:

Movies in the Park  
Friday, August 26, 7:30 pm  
El Toro Park  
(23701 Los Alisos Blvd)

**Questions? Contact the Community Services Department at 461-3450.**



## Family Campout at Pittsford Park

Don't miss Camp Pittsford this year! Pack up your family and your tent and come camp out in our backyard! The evening will be filled with pizza, campfire songs, games and activities, and a delicious early morning breakfast at the park. Children must be 4 years or older and must be accompanied by a parent. Check in at 5:30 pm to set up your tent before dinner. Participants must provide their own tents, sleeping bags, and any personal items.

Fee: \$5 per person – Resident  
\$10 per person- Non-Resident

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In.**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2159 Families 4 yrs+ Jul 16-17 Sat/Sun 5:30 pm-10:00 am**

## Bunco or Bust

Calling all Bunco players! We're having some-kind-of-fun at Bunco or Bust! You don't need to know how to play BUNCO... we'll teach you! No skill is involved – just luck...lots of it! The only thing you need to know is how to roll dice. Before Bunco begins, enjoy yummy appetizers, and beverages. Prizes will be given away...so what's stoppin' ya?

Fee: \$7 per person

Location: Lake Forest Community Center  
(25550 Commercentre Dr)



**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2149</b>	<b>Adults/Seniors</b>	<b>Jun 24</b>	<b>Fri</b>	<b>7:00-9:30 pm</b>
<b>Act#: 2150</b>	<b>Adults/Seniors</b>	<b>Aug 26</b>	<b>Fri</b>	<b>7:00-9:30 pm</b>

## Prelude in the Park: A Celebration of Music at Pittsford Park



The City of Lake Forest is proud to present "Prelude in the Park," a unique collaboration with El Toro High School Instrumental Music Department. This exciting concert will feature performances by the El Toro High School String Orchestra, Symphonic Band, Wind Ensemble, Jazz Band, Color Guard, and Percussion Ensemble, in addition to family fun, food, and festivities. Concert selections include a wide variety of music ranging from English orchestral to traditional American wind band to modern jazz; a perfect way to introduce your family to a large vocabulary of musical styles. There will also be fun activities for all ages.

Fee: Free (nominal fee for food)

Location: Pittsford Park (21701 Pittsford Dr)

**For more info call: The City of Lake Forest at 461-3450**

<b>Families</b>	<b>May 22</b>	<b>Sun</b>
<b>Pre-concert activities</b>	<b>3:30-5:00 pm</b>	
<b>Concert</b>	<b>5:00-6:30 pm</b>	

## 2011 Movies in the Park

This summer program returns with exciting movies and fun! Our summer movies in the park event will feature an inflatable big screen and lots of surprises for the whole family! Bring your friends, family, and a blanket for free movies and fun under the stars. The 2011 movie series will feature the award winning movies "Despicable Me," "How To Train Your Dragon," and "The Princess and the Frog." We will also go back in time to 1991 with the classic hit "Beauty & The Beast."

Fee: Free!

(Snacks will be available for a nominal fee)

Location:

Cherry Park (22651 Cherry Ave) . . . . . Jun 17  
Rimgate Park (29772 Rimgate . . . . . Jul 8  
Mountain View Park (4061 Dylan St). . . Aug 5  
El Toro Park (23701 Los Alisos Blvd) . . Aug 26

For more info call:  
The City of Lake Forest at 461-3450

### Family Movies start at 7:30 pm on Fridays

**"Despicable Me" (PG) Jun 17**

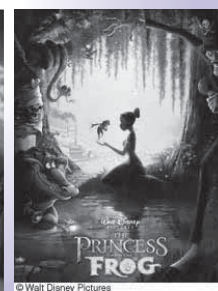
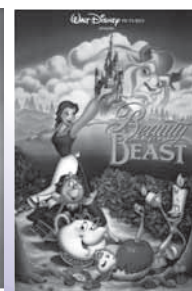
**"How To Train Your Dragon" (PG) Jul 8**

**"Beauty & The Beast" (G) Aug 5**

**\*"The Princess and The Frog" (G) Aug 26**



**\*"Navigate to Nectar"  
Official Entry Form Due**

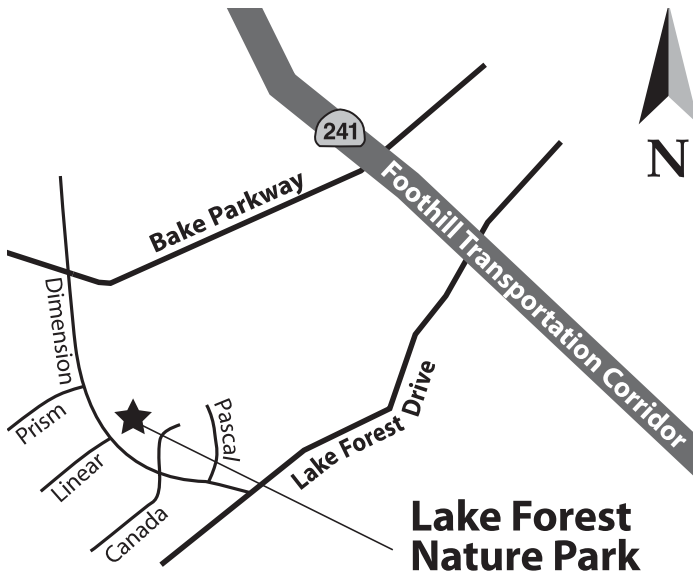


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© Walt Disney Pictures

# Nature Park & Hikes

Map not to scale.



## "Rpl Effect" and "Sister Venus" Concert & Summer Kick off BBQ at the Nature Park

The City of Lake Forest is kicking off the summer with an afternoon of Rock 'n Roll & BBQ at the Nature Park. First band up will be Lake Forest's own "Rpl Effect." This local band is heavily influenced by such greats as "No Doubt," the "Killers" and the immortal "Beatles." There will also be pop music with San Diego's Number 1 party band, "Sister Venus." Their music selections range from the 70s to today. So get ready for some great music and some BBQ fun at the Nature Park!

Fee: Free (nominal fee for food)

Location: Lake Forest Nature Park (26215 Dimension Dr)

For more info call: The City of Lake Forest at 461-3450

<b>Families</b>	<b>Jun 5</b>	<b>Sun</b>	<b>3:00-6:00 pm</b>
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## Blues & BBQ

August is the end of the summer, but there is no reason to feel "blue" when you can hear the "Blues!" That's right – the City of Lake Forest is proud to present the "Blues Hounds." The "Blues Hounds" have been around since the summer of 2003. In that short time, they have had the opportunity of backing Chicago Blues guitar legend Eddie C. Campbell and Blues Keyboard Legend Deacon Jones. Just to add to the Blues Flavor, the City of Lake Forest will be holding a good old fashioned BBQ. Yes, there will be food and refreshments available for a nominal fee.



Fee: Free

Location: Lake Forest Nature Park (26215 Dimension Dr)

For more info call: The City of Lake Forest at 461-3450

<b>Families</b>	<b>Aug 7</b>	<b>Sun</b>	<b>3:30-4:00 (BBQ Begins)</b>
			<b>3:00-6:00 (Concert)</b>

## HIKE DIFFICULTY LEVEL

- **Easy** = flat, level ground for the most part with gentle hill(s)
- **Moderate** = some level ground with some steep hills and rough terrain
- **Strenuous** = mostly steep ground with significant rough terrain
- **Very Strenuous** = Steep ground with very rough terrain



## Coyote Brush Hike

This is a moderate hike of approximately 3 miles over some hills for ages 10+. Hike will go through deeply forested canyons with oak trees and an array of abundant wildlife. Hike will also feature steep slopes of Coastal Sage Scrub and Chaparral and boast panoramic views of Whiting Ranch.

Difficulty level = Moderate

(\*Please note: difficulty ratings are subjective and are unique to each hiker's specific physical abilities.)

Fee: \$5.00 (includes Snack and Water Bottle)

Location: Whiting Ranch Park (Glenn Ranch Parking Lot),  
\$3.00 parking fee per vehicle

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

<b>Act#: 2288</b>	<b>10 yrs+</b>	<b>Jun 11</b>	<b>Sat</b>	<b>9:00 am-12:00 pm</b>
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# YOUTH



Lake Forest is going to ROCK this summer as Rec 'N Roll brings you all the recreation fun that you can handle. Enjoy our recreation center on wheels in the great outdoors! When the Rec 'N Roll staff rolls into your neighborhood park you'll have fun with sports activities, board games, craft projects, water fun, carnival games with prizes, and much more. Each week, recreation staff will have a variety of activities centered around different themes. Best of all it's FREE! Make sure you check out Rec 'N Roll this summer - we're rollin' to a park near you!

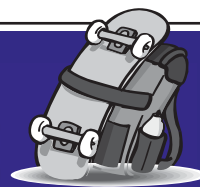
<b>Mondays</b>	Foothill Ranch Community Park (19422 Rue De Valore)	10:00 am-12:30 pm
	Cherry Park (22561 Cherry Ave)	1:30-4:00 pm
<b>Tuesdays</b>	Rimgate Park (29772 Rimgate)	10:00 am-12:30 pm
	El Toro Park (23701 Los Alisos Blvd)	1:30-4:00 pm
<b>Wednesdays</b>	Concourse Park (18931 Saddleback Ranch Rd)	10:00 am-12:30 pm
	Cherry Park (22561 Cherry Ave)	1:30-4:00 pm
<b>Thursdays</b>	Alton Park (18992 Alton Parkway)	10:00 am-12:30 pm
	Foothill Ranch Community Park (19422 Rue De Valore)	1:30-4:00 pm

## Theme Weeks

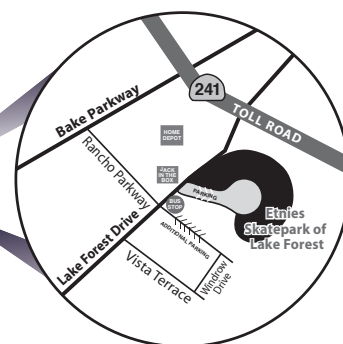
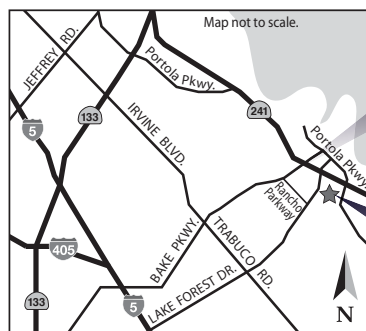
Week 1	Sports-a-Palooza	Jul 11-14
Week 2	Hogwarts Summer School	Jul 18-21
Week 3	Minute to Win It!	Jul 25-28
Week 4	Obstacle Course Challenge	Aug 1-4
Week 5	Pirate Week	Aug 8-11
Week 6	Superhero Week	Aug 15-18
Week 7	Water World	Aug 22-25
Week 8	Camp Game Challenge	Aug 29-Sep 1

In the case of inclement weather, please contact the Community Services Department at 461-3450 by 9:00 am the morning of Rec n Roll for cancellation status.

# ETNIES SKATEPARK OF LAKE FOREST



Etnies Skatepark of Lake Forest  
20028 Lake Forest Drive  
Lake Forest, CA 92630



Come visit Lake Forest's own world class skateboard facility. The Park is growing to over 60,000 square feet this summer, making it the largest, free public Skatepark in America!

Park Entry Fee: Free to ride. Non-Residents of Lake Forest pay an annual fee of \$5 for the printing of their ID card.

Location: 20028 Lake Forest Drive Phone: 916-5870

**In the case of inclement weather, please call ahead to see if the Park is open.** Make sure to visit the Skatepark on the web at [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com) for Interactive tours of the Park, up-to-date news, links to the Skatepark Twitter and Facebook, photos and videos of recent events! Updated weekly with new content and regular updates about the expansion project, so stop by and check it out!

## Summer Schedule (June 1-Sept 5)

### SKATE SESSIONS

<b>Monday</b>	10:00 am-7:00 pm
<b>Tuesday</b>	10:00 am-10:00 pm
<b>Wednesday</b>	10:00 am-7:00 pm
<b>Thursday</b>	10:00 am-10:00 pm
<b>Friday</b>	10:00 am-10:00 pm
<b>Saturday</b>	10:00 am-10:00 pm
<b>Sunday</b>	12:30 pm-10:00 pm

### BMX SESSIONS

<b>Monday</b>	7:00 pm-10:00 pm
<b>Wednesday</b>	7:00 pm-10:00 pm
<b>Sunday</b>	10:00 am-12:30 pm

## STATEPARK SUMMER HOLIDAY SCHEDULE

The Skatepark will be open from  
12:00 pm until Dusk on Monday, July 4th

## Riverbed Cleanup and Environmental Awareness Day

Besides recycling onsite, the Skatepark prides itself on making as many Green decisions as possible. Do your part to help out the environment and keep your local Skatepark and environment clean. Donate your time and energy to cleaning up the riverbed and adjacent trails to the Skatepark, and receive a free BBQ lunch, drink, and opportunity prize ticket for some great donated prizes. Bring in your cans and the individual with the most cans will win a new skateboard. All cans will be turned in to the recycling center and funds raised will go directly to the "Keep-N-It Free" campaign. This is an all ages event and a great time for families or individuals wanting to make a difference. If you plan on attending with a large group such as a Boy or Girl Scout troop (this event is great to earn community badges), please email [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov) so we can make sure to accommodate all.

Fee: Free food, drink, and opportunity prize ticket with participation in clean up

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages      Jun 11      Sat      10:00 am-12:00 pm



## Band Nights at the Skatepark

The Etnies Skatepark of Lake Forest is proud to be the only all ages venue for live music in South Orange County. Skate or enjoy the tunes in a safe environment. Bands like "JFA", "The Stitches", "Dubluva", and many others have donated their time and energy to help raise money to keep our park free to ride. Support your local Skatepark and enjoy a night of great tunes! Do you have a band interested in playing at the Park? Drop off a demo CD at the Skatepark office with your contact information and we will review it for a future show!

Fee: \$5 entry fee per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info and specific bands playing, call: The Skatepark at 916-5870

All Ages	Jun 17	Fri	6:00-10:00 pm
All Ages	Jul 15	Fri	6:00-10:00 pm
All Ages	Aug 12	Fri	6:00-10:00 pm

## Eighth Annual Skateboard Speed Demon Race

This may be our eighth annual race, but it will be the first to be held in the new expansion area. This is a skater cross style race where two people will race to the finish with the winner moving on in the brackets. We will have different age groups and this will be the longest track to race on in our history. You can register at the Skatepark starting at 4:00 pm, with the first heat starting at 6:00 pm.

Fee: \$10 entry fee per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

To Register: Sign up at the Skatepark the day of the event ONLY

All Ages      Aug 27      Sat      6:00 pm-until completed



## Fourth of July Skatepark Skate Float and Design Committee

Show your Skatepark pride while helping build and ride the Skatepark float in the Fourth of July parade. Bring your skateboard and ride along in the parade. All participants NEED TO WEAR A HELMET while in the parade. We will meet up at El Toro High School at 8:00 am on July Fourth to finalize the float and set up for the parade. All participants will be treated to pizza and drinks when we return to the Skatepark. This is your chance to skate the streets of Lake Forest and show your support for the world class skateboard facility in Lake Forest. If you wish to help build the float, please call the Skatepark for more information. Come be a part of the design committee at the Skatepark on June 2 and June 23.

Fee: Free

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

For more info call: The Skatepark at 916-5870

All Ages	Jun 2	Thu	5:00-6:00 pm
All Ages	Jun 23	Thu	5:00-6:00 pm
All Ages	Jul 4	Mon	8:00 am-12:00 pm

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 35-36 for more info.



## Summer Skatepark Campout

Come celebrate summer with the annual Summer Skatepark Campout. This event is for all ages and will be supervised. Skateboard, camp, and watch movies. All campers will receive snacks and breakfast. You'll need to bring a sleeping bag, even though you most likely will skate all night! A "Midnight Madness" contest as well as many other fun activities will be held during the evening. The gates will be locked at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning.

Fee: \$30 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Sign up at the Skatepark the night of the event ONLY!**

**For more info call: The Skatepark at 916-5870**

**All Ages      Sep 3, 4      Sat/Sun      10:00 pm-9:00 am**

## BMX Summer Skatepark Campout

Be ready to ride all night long! Come celebrate summer with the Third Annual BMX Campout. This event is for all ages and will be supervised. BMX, camp, and watch movies. All campers will receive snacks and breakfast. You'll need to bring a sleeping bag, even though you most likely will BMX all night! The gates will be locked at 10:00 pm and campers will not be permitted to leave until 9:00 am the following morning.

Fee: \$30 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: Sign up at the Skatepark the night of the event ONLY**

**For more info call: The Skatepark at 916-5870**

**All Ages      Aug 6, 7      Sat/Sun      10:00 pm-9:00 am**

## Summer Skate Preschool (Great for Young Beginners!)



This class is geared specifically for younger riders as an introduction to skateboarding and the Skatepark. Lessons will concentrate on beginner skills, general skateboard safety, and safety in the Skatepark. Each day includes snacks and Gatorade. We will also be doing skateboard related crafts and each participant will receive a Skatepark t-shirt.

Fee: \$120 per person

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**To Register: On-Line, Mail, In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2309	<b>4-5 yrs</b>	<b>Jun 7-30</b>	<b>Tue, Thu</b>	<b>10:00 am-12:00 pm</b>
<b>Act#:</b> 2310	<b>4-5 yrs</b>	<b>Jul 5-26</b>	<b>Tue, Thu</b>	<b>10:00 am-12:00 pm</b>
<b>Act#:</b> 2311	<b>4-5 yrs</b>	<b>Aug 2-23</b>	<b>Tue, Thu</b>	<b>10:00 am-12:00 pm</b>



Make sure to visit [www.EtniesSkatepark.com](http://www.EtniesSkatepark.com). The website features interactive tours of the Park, up-to-date news, links to the Skatepark Twitter and Facebook, photos of recent events, video, and a collection of history and information about the Skatepark not available anywhere else on the web. It is updated weekly with new content so stop by and check it out! We've added a tab specifically dedicated to the expansion project with the most updated info.

**Follow the Skatepark at**  
**[Facebook.com/EtniesSkatepark](https://www.facebook.com/EtniesSkatepark),**  
**[Twitter.com/EtniesSkatepark](https://twitter.com/EtniesSkatepark) or check**  
**[www.EtniesSkatepark.com](http://www.EtniesSkatepark.com) for latest**  
**information on the Expansion Project!**



# Birthday Parties at the Skatepark



Make your next party a Skate or BMX Party! The Skatepark offers two very popular birthday party packages for the best action sports party available in South Orange County for very affordable rates!

## Party Package Details

- Both packages are designed for 10 participants with the option of an additional 10 participants.
- Each party is scheduled in a 2-hour block (during the week from 11:00 am-8:00 pm or on weekends from 10:00 am-8:00 pm).
- BMX parties are available during BMX sessions on Sundays from 10:00 am-12:00 pm.
- Reservations are required at least one week in advance with a \$100 security deposit required at the time your reservation is made.
- The Skatepark is open to the public during the birthday party; however, in the case of crowds, an area will be sectioned off to ensure safety and fun.
- The picnic bench area is decorated and reserved for your party goers.

**Note:** All park policies related to waivers and safety gear are to be followed for party goers and the party host or hostess. Cancellation policy is 72-hour advance notice or loss of deposit will occur.

**Inclement weather policy** – If the Park is rained out, the party will be rescheduled to the next most convenient time for the Park as well as the participants.

## Gold Package – \$350

Our best package includes a Skatepark t-shirt for each participant, birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$20 up to a maximum of 20 participants.

## Silver Package – \$250

Our most economic package includes birthday cake, drinks, 2 pizzas, choice of music during party, decorations, personalized birthday announcement during party, in-party skateboard contest, table reservation, one staff member during party, and a thirty minute group lesson or demonstration. A film pass is also included for parents to film the party action inside the Skatepark facility. Each additional child will cost \$10 up to a maximum of 20 participants.

Location: Etnies Skatepark of Lake Forest (20028 Lake Forest Dr)

To reserve your birthday party, please email [Ngates@lakeforestca.gov](mailto:Ngates@lakeforestca.gov) or contact the Skatepark at 916-5870. Please ask to speak with a Senior Recreation Leader on duty to reserve your party. Parties are only confirmed when we receive the required security deposit.



# SKATEPARK CAMPS

## Etnies Summer Skate Camp

Choose this summer to spend a week at one of the best skate camps around! We have been running camps since 2003 and have worked to make it an experience to remember. **Exciting additions for this year's skate camp will be a trip on Friday of each week up to skate at the Etnies Training Facility located in the upper lot adjacent to the Skatepark, as well as access to any new features in the expansion as they become available.** Our staff barbeques lunch for all campers on a daily basis. Specific tricks taught during camp lesson times include the basics of ollies, how to kick flip, how to grind, bowl riding, and skating transitions. All camp activities will be taught by experienced Skatepark staff who have a proven track record in improving skateboard skills. Hone your skills on a variety of the best Skatepark terrain around including the skull bowl, the flow bowl, two large flow courses, and a world class street area. Each participant will receive an official Etnies Skatepark of Lake Forest t-shirt and a lunch/drink each day, and a DVD of the camp week's highlights produced by the Skatepark staff. **No class Monday, July 4th.**

Fee: \$195 per person  
\*\$175 per person

Limited to 10 per session.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act #: 2320	6-16 yrs	Jun 27-Jul 1	Mon-Fri	10:00 am-2:00 pm
*Act #: 2312	6-16 yrs	Jul 5-8	Tue-Fri	10:00 am-2:00 pm
Act #: 2313	6-16 yrs	Jul 11-15	Mon-Fri	10:00 am-2:00 pm
Act #: 2321	6-16 yrs	Jul 18-22	Mon-Fri	10:00 am-2:00 pm
Act #: 2314	6-16 yrs	Jul 25-29	Mon-Fri	10:00 am-2:00 pm
Act #: 2319	6-16 yrs	Aug 1-5	Mon-Fri	10:00 am-2:00 pm
Act #: 2315	6-16 yrs	Aug 8-12	Mon-Fri	10:00 am-2:00 pm
Act #: 2316	6-16 yrs	Aug 15-19	Mon-Fri	10:00 am-2:00 pm
Act #: 2317	6-16 yrs	Aug 22-26	Mon-Fri	10:00 am-2:00 pm
Act #: 2318	6-16 yrs	Aug 29- Sep 2	Mon-Fri	10:00 am-2:00 pm

## Skateboarding/BMX Lesson and Camp Inclement Weather Policy

If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

### Missed Class Policy

Classes cannot be made up if they are missed by the participant.

## Summer Video Production Skate Camp

Do you have a passion for filming skateboarding? Then this camp is for you. We will meet two days at the Skatepark to film, edit for two days at City Hall on the new Dell editing machine, and then show the final movie made at the Skatepark on the last day of camp. Participants will become familiar with using the latest version of Adobe Premiere and will have access to the Skatepark's Canon HD camera. Campers are also welcome to bring their own cameras if they choose. This camp is an introduction to the world of filming and editing. Camp includes lunch daily as well as a copy of the final movie created on DVD. Campers can also invite guest riders to film if they desire to make the video more diverse.

Fee: \$195 per person

Limited to 5 per session.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2322	10 yrs+	Jul 25 - 29	Mon-Fri	10:00 am-2:00 pm
Act#: 2323	10 yrs+	Aug 15-19	Mon-Fri	10:00 am-2:00 pm



# SKATEPARK CLASSES

## Beginning Skateboard Lessons

Have you wanted to start skateboarding but don't know where to begin? Ever wanted to experience the rush of a skateboard, but lack the courage and the know how? This is the class for you. Designed for all ages, these lessons can help develop the skills needed to succeed on your skateboard. Skills practiced during this class are pushing correctly, balance, turning, rolling down banks, learning how to Ollie, and the most important topic, safety in the skateboard park. Full protective gear consisting of a helmet, elbow pads, and knee pads is required. A skateboard purchased from a skateboard shop is highly recommended. A quality board turns better, rolls better, and is much safer to use. This is the most economical skateboard class offered in Orange County. The class maximum is 10 participants to 1 Teacher. If you desire more one-on-one time in lessons, we would suggest signing up for private lessons.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2324	6 yrs and up	Jun 7-28	Tue	4:00-5:00 pm
Act#: 2325	6 yrs and up	Jul 5-26	Tue	4:00-5:00 pm
Act#: 2326	6 yrs and up	Aug 2-23	Tue	4:00-5:00 pm
Act#: 2327	6 yrs and up	Jun 4-25	Sat	9:00-10:00 am
Act#: 2328	6 yrs and up	Jul 2-23	Sat	9:00-10:00 am
Act#: 2329	6 yrs and up	Aug 6-27	Sat	9:00-10:00 am

## Intermediate Skateboard Lessons

Did you start in the beginning skateboard lessons and have graduated with the basic skills? Now it is time to move up to the intermediate lessons. This class is designed for riders who know some basics but desire to improve. Skills covered in this class are the art of Ollies, ledges, pools, vert, overall park usage, and even help with contest skating. This is a fundamental class which can help those wanting to improve and hone their skills. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$65 – 4 week session

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: On-Line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2330	6 yrs and up	Jun 7-28	Tue	5:00-6:00 pm
Act#: 2331	6 yrs and up	Jul 5-26	Tue	5:00-6:00 pm
Act#: 2332	6 yrs and up	Aug 2-23	Tue	5:00-6:00 pm
Act#: 2333	6 yrs and up	Jun 4-25	Sat	10:00-11:00 am
Act#: 2334	6 yrs and up	Jul 2-23	Sat	10:00-11:00 am
Act#: 2335	6 yrs and up	Aug 6-27	Sat	10:00-11:00 am

## BMX Private Lessons

Only a few parks in the nation open their doors to the use of BMX riders. The Etnies Skatepark of Lake Forest is proud to be one of the few and extends the invitation to ride your BMX and improve your skills with BMX private lessons. If it's your first day on a bike, or maybe in the Park, these lessons help develop basic skills riding park terrain. Jumps, ramps, and flow are all aspects of these new lessons. Full protective gear consisting of a helmet, elbow pads, and knee pads is required.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-Line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

## JUNE

Act#: 2336	Jun-A	6 yrs and up	Jun 5	Sun	9:00 am
Act#: 2336	Jun-B	6 yrs and up	Jun 5	Sun	10:00 am
Act#: 2336	Jun-C	6 yrs and up	Jun 5	Sun	11:00 am
Act#: 2336	Jun-D	6 yrs and up	Jun 12	Sun	9:00 am
Act#: 2336	Jun-E	6 yrs and up	Jun 12	Sun	10:00 am
Act#: 2336	Jun-F	6 yrs and up	Jun 12	Sun	11:00 am
Act#: 2336	Jun-G	6 yrs and up	Jun 19	Sun	9:00 am
Act#: 2336	Jun-H	6 yrs and up	Jun 19	Sun	10:00 am
Act#: 2336	Jun-I	6 yrs and up	Jun 19	Sun	11:00 am
Act#: 2336	Jun-J	6 yrs and up	Jun 26	Sun	9:00 am
Act#: 2336	Jun-K	6 yrs and up	Jun 26	Sun	10:00 am
Act#: 2336	Jun-L	6 yrs and up	Jun 26	Sun	11:00 am

## JULY

Act#: 2336	Jul-A	6 yrs and up	Jul 3	Sun	9:00 am
Act#: 2336	Jul-B	6 yrs and up	Jul 3	Sun	10:00 am
Act#: 2336	Jul-C	6 yrs and up	Jul 3	Sun	11:00 am
Act#: 2336	Jul-D	6 yrs and up	Jul 10	Sun	9:00 am
Act#: 2336	Jul-E	6 yrs and up	Jul 10	Sun	10:00 am
Act#: 2336	Jul-F	6 yrs and up	Jul 10	Sun	11:00 am
Act#: 2336	Jul-G	6 yrs and up	Jul 17	Sun	9:00 am
Act#: 2336	Jul-H	6 yrs and up	Jul 17	Sun	10:00 am
Act#: 2336	Jul-I	6 yrs and up	Jul 17	Sun	11:00 am
Act#: 2336	Jul-J	6 yrs and up	Jul 24	Sun	9:00 am
Act#: 2336	Jul-K	6 yrs and up	Jul 24	Sun	10:00 am
Act#: 2336	Jul-L	6 yrs and up	Jul 24	Sun	11:00 am
Act#: 2336	Jul-M	6 yrs and up	Jul 31	Sun	9:00 am
Act#: 2336	Jul-N	6 yrs and up	Jul 31	Sun	10:00 am
Act#: 2336	Jul-O	6 yrs and up	Jul 31	Sun	11:00 am

## AUGUST

Act#: 2336	Aug-A	6 yrs and up	Aug 7	Sun	9:00 am
Act#: 2336	Aug-B	6 yrs and up	Aug 7	Sun	10:00 am
Act#: 2336	Aug-C	6 yrs and up	Aug 7	Sun	11:00 am
Act#: 2336	Aug-D	6 yrs and up	Aug 14	Sun	9:00 am
Act#: 2336	Aug-E	6 yrs and up	Aug 14	Sun	10:00 am
Act#: 2336	Aug-F	6 yrs and up	Aug 14	Sun	11:00 am
Act#: 2336	Aug-G	6 yrs and up	Aug 21	Sun	9:00 am
Act#: 2336	Aug-H	6 yrs and up	Aug 21	Sun	10:00 am
Act#: 2336	Aug-I	6 yrs and up	Aug 21	Sun	11:00 am
Act#: 2336	Aug-J	6 yrs and up	Aug 28	Sun	9:00 am
Act#: 2336	Aug-K	6 yrs and up	Aug 28	Sun	10:00 am
Act#: 2336	Aug-L	6 yrs and up	Aug 28	Sun	11:00 am



## Private Skateboard Lessons

One-on-one instruction from the basics to advanced techniques. Private lessons offer the most attention to detail for each participant and are offered at an affordable price. Lessons are taught by experienced staff who specialize in teaching lessons catered to each individual. Whatever you may want to learn, we have some of the best teachers around, as well as the best Skatepark around to meet all of your learning needs.

Instructor: Skatepark Staff

Fee: \$40 – per forty five minute session. Sign up for a month of classes at \$140 per 4-lesson package (a \$160 value). Choose the time that works best with your busy schedules.

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

To Register: Mail-In, Walk-In. On-Line registration is not available for this program.

For more info call: The City of Lake Forest at 461-3450

### JUNE

Act#: 2337	Jun-A	6 yrs and up	Jun 2	Thu	3:00 pm
Act#: 2337	Jun-B	6 yrs and up	Jun 2	Thu	4:00 pm
Act#: 2337	Jun-C	6 yrs and up	Jun 2	Thu	5:00 pm
Act#: 2337	Jun-D	6 yrs and up	Jun 2	Thu	6:00 pm
Act#: 2337	Jun-E	6 yrs and up	Jun 9	Thu	3:00 pm
Act#: 2337	Jun-F	6 yrs and up	Jun 9	Thu	4:00 pm
Act#: 2337	Jun-G	6 yrs and up	Jun 9	Thu	5:00 pm
Act#: 2337	Jun-H	6 yrs and up	Jun 9	Thu	6:00 pm
Act#: 2337	Jun-I	6 yrs and up	Jun 16	Thu	3:00 pm
Act#: 2337	Jun-J	6 yrs and up	Jun 16	Thu	4:00 pm
Act#: 2337	Jun-K	6 yrs and up	Jun 16	Thu	5:00 pm
Act#: 2337	Jun-L	6 yrs and up	Jun 16	Thu	6:00 pm
Act#: 2337	Jun-M	6 yrs and up	Jun 23	Thu	3:00 pm
Act#: 2337	Jun-N	6 yrs and up	Jun 23	Thu	4:00 pm
Act#: 2337	Jun-O	6 yrs and up	Jun 23	Thu	5:00 pm
Act#: 2337	Jun-P	6 yrs and up	Jun 23	Thu	6:00 pm
Act#: 2337	Jun-Q	6 yrs and up	Jun 30	Thu	3:00 pm
Act#: 2337	Jun-R	6 yrs and up	Jun 30	Thu	4:00 pm
Act#: 2337	Jun-S	6 yrs and up	Jun 30	Thu	5:00 pm
Act#: 2337	Jun-T	6 yrs and up	Jun 30	Thu	6:00 pm

### JULY

Act#: 2337	Jul-A	6 yrs and up	Jul 7	Thu	3:00 pm
Act#: 2337	Jul-B	6 yrs and up	Jul 7	Thu	4:00 pm
Act#: 2337	Jul-C	6 yrs and up	Jul 7	Thu	5:00 pm
Act#: 2337	Jul-D	6 yrs and up	Jul 7	Thu	6:00 pm
Act#: 2337	Jul-E	6 yrs and up	Jul 14	Thu	3:00 pm
Act#: 2337	Jul-F	6 yrs and up	Jul 14	Thu	4:00 pm
Act#: 2337	Jul-G	6 yrs and up	Jul 14	Thu	5:00 pm
Act#: 2337	Jul-H	6 yrs and up	Jul 14	Thu	6:00 pm
Act#: 2337	Jul-I	6 yrs and up	Jul 21	Thu	3:00 pm
Act#: 2337	Jul-J	6 yrs and up	Jul 21	Thu	4:00 pm
Act#: 2337	Jul-K	6 yrs and up	Jul 21	Thu	5:00 pm
Act#: 2337	Jul-L	6 yrs and up	Jul 21	Thu	6:00 pm
Act#: 2337	Jul-M	6 yrs and up	Jul 28	Thu	3:00 pm
Act#: 2337	Jul-N	6 yrs and up	Jul 28	Thu	4:00 pm
Act#: 2337	Jul-O	6 yrs and up	Jul 28	Thu	5:00 pm
Act#: 2337	Jul-P	6 yrs and up	Jul 28	Thu	6:00 pm

### AUGUST

Act#: 2337	Aug-A	6 yrs and up	Aug 4	Thu	3:00 pm
Act#: 2337	Aug-B	6 yrs and up	Aug 4	Thu	4:00 pm
Act#: 2337	Aug-C	6 yrs and up	Aug 4	Thu	5:00 pm
Act#: 2337	Aug-D	6 yrs and up	Aug 4	Thu	6:00 pm
Act#: 2337	Aug-E	6 yrs and up	Aug 11	Thu	3:00 pm
Act#: 2337	Aug-F	6 yrs and up	Aug 11	Thu	4:00 pm
Act#: 2337	Aug-G	6 yrs and up	Aug 11	Thu	5:00 pm
Act#: 2337	Aug-H	6 yrs and up	Aug 11	Thu	6:00 pm
Act#: 2337	Aug-I	6 yrs and up	Aug 18	Thu	3:00 pm
Act#: 2337	Aug-J	6 yrs and up	Aug 18	Thu	4:00 pm
Act#: 2337	Aug-K	6 yrs and up	Aug 18	Thu	5:00 pm
Act#: 2337	Aug-L	6 yrs and up	Aug 18	Thu	6:00 pm
Act#: 2337	Aug-M	6 yrs and up	Aug 25	Thu	3:00 pm
Act#: 2337	Aug-N	6 yrs and up	Aug 25	Thu	4:00 pm
Act#: 2337	Aug-O	6 yrs and up	Aug 25	Thu	5:00 pm
Act#: 2337	Aug-P	6 yrs and up	Aug 25	Thu	6:00 pm

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 35-36 for more info.

## Skateboarding/BMX Lesson and Camp Inclement Weather Policy

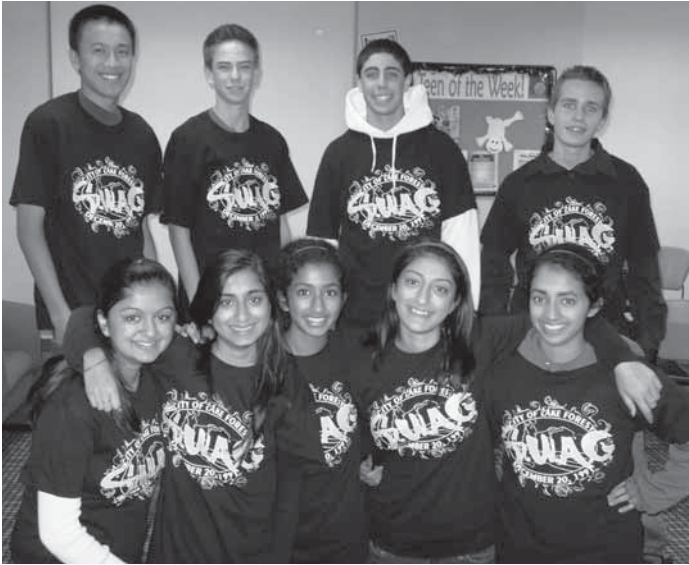
If a class is cancelled by the City of Lake Forest due to weather or other facility related circumstances, a make up session will be held on the last day of class. The lesson will last for 2 hours. If the last day of class is cancelled due to weather or other circumstances, a make up class will be scheduled for the participants on the next available date.

### Missed Class Policy

Classes cannot be made up if they are missed by the participant.



## TEEN ACTIVITIES & EXCURSIONS



### S.W.A.G.

#### (Students Working and Advising for Government)



Do you want to make a difference in your community? Do you wish there were more things to do in Lake Forest? Then get active in your community and make it happen by joining the S.W.A.G. Let your voice be heard! Help plan teen activities and excursions, be a part of the LFteens.com webpage design group, volunteer for City events, and be a part of your community. The committee meets twice a month.

Fee: Free!

Location: The Lounge at the Lake Forest Community Center  
(25550 Commercentre Dr)

For More Info Call: 461-3446 or e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).

To Register: Please submit a S.W.A.G. application available at the Lake Forest Community Center or via the [www.lfteens.com](http://www.lfteens.com) website.

Teens	Jun 9	Thu	6:00-7:00 pm
Teens	Jun 22	Wed	6:00-7:00 pm
Teens	Jul 7	Thu	6:00-7:00 pm
Teens	Jul 20	Wed	6:00-7:00 pm
Teens	Aug 4	Thu	6:00-7:00 pm
Teens	Aug 17	Wed	6:00-7:00 pm
Teens	Sep 1	Thu	6:00-7:00 pm

## 2011/2012 SCHOOL YEAR

Join us for the most fun and exciting afterschool program around... The Teen Lounge! We have an X-Box 360, movies, games, a computer lab, homework help, and so much more. What are you waiting for? Sign up today! A FREE shuttle service is available from both Serrano and Los Alisos Intermediate Schools to The Lounge. The Lounge follows the district's calendar, observes all school holidays and adjusts program times to accommodate minimum days. The program runs Monday through Thursday for the entire school year so the fun won't stop until it's summertime. **Pre-registration is required for this program.**

Fee: Free

Location: The Teen Lounge at the Lake Forest Community Center  
(25550 Commercentre Dr)

For more info call: 461-3446 or  
e-mail [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov)

To Register: Pick up a registration packet at the Serrano or Los Alisos Middle School offices or at the Lake Forest Community Center.

**The Lounge will be closed for the summer effective June 22 and will re-open for the 2011/12 school year on September 13.**



Act #:1588 Teens Sep 13-Jun 21 Mon-Thu 3:30-6:00 pm (excluding school holidays)



## Teen Battle of the Bands

**Attention all Lake Forest rock stars!!!** Does your band have what it takes to be crowned "Lake Forest's best"? If you think so, then come down and sign up for a chance to perform in front of your peers at the Etnies Skatepark of Lake Forest. Your band will have a chance at winning some big prizes and maybe a little bit of local recognition. Additional prizes will be awarded to all in attendance, so come on out to see who rocks the hardest in our City.

Fee: \$5 per person to attend event (Band entries FREE)

Location: Etnies Skatepark of Lake Forest  
(20028 Lake Forest Dr)

**For more info call: 461-3446 or via email at [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).**

**Band Registration Deadline: June 10. Registration forms and information are also available on the [lfteens.com](http://lfteens.com) website.**

**Teens                      Jun 25                      Sat                      6:00 -10:00 pm**

## Magic Mountain

If you like roller coasters and amusement parks, then this is the trip for you. Join us this summer for all the twists, turns and thrills Magic Mountain has to offer! The trip will include admission to the park, lunch and transportation. Stop wasting the summer away and get into the loopy excitement!

Fee: \$35 per person

Location: Magic Mountain, Valencia

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

Registration Deadline: Thursday, August 11 at 5:30 p.m.

**For more info call: 461-3446 or via email at [charris@lakeforestca.gov](mailto:charris@lakeforestca.gov).**

**Act#: 2273      Teens                      Aug 19                      Fri                      8:00 am- 10:00 pm**

## F.Y.I.

### Revitalize Your Neighborhood Watch Program



Have you or your neighbors started a Neighborhood Watch program in your community? Has it been a long time since you had your last meeting? The Crime Prevention Unit for Lake Forest Police Services is encouraging all Lake Forest residents who are interested in revitalizing or creating a Neighborhood Watch group to call Crime Prevention Specialist, Melisa Cavazos, at (949) 461-3546.

### Vacation Home Checks

Lake Forest Police Services offers FREE vacation home checks to our residents all year long. While you are out of town, our volunteers will check the exterior of your residence to make sure your home stays safe while you're away. All you have to do is fill out a form and submit it to our office. You can find detailed information on our City website at [www.lakeforestca.gov](http://www.lakeforestca.gov) under Police Services or by calling 461-3530.

## SENIOR PROGRAMS

### SENIOR TRANSPORTATION, AN EASIER WAY TO GO!



The City of Lake Forest offers door-to-door transportation service to Lake Forest Seniors participating in the Senior Scene Clubhouse activities Monday through Thursday.

**To make a reservation for transportation services, please contact Age Well Senior Services, Inc. at 855-9766. It is mandatory that all reservations and cancellations be made at least 24 hours in advance. Cost is fifty cents per trip. For more information please call 461-3450.**

### Senior Calendar

Don't miss out on the *Senior Scene Clubhouse Calendar*.

The Calendar is a great way to view all of the activities offered each month. If you are a Lake Forest resident interested in receiving the quarterly calendar or no longer want the calendar, please call 461-3450 and leave your name, address and phone number (spell your last name and street address, slowly please).



***Come visit us at the Clubhouse... A place where you meet new friends and create lasting memories!***

You'll be able to enjoy a variety of activities including card playing, tile board games, monthly game tournaments, seminars, exercise classes, craft classes, and movies. This is a great place to meet new friends! No need to make a reservation for this great drop-in program.

Fee: Free!

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450 or contact Brenda Silvey via e-mail at [bsilvey@lakeforestca.gov](mailto:bsilvey@lakeforestca.gov).**

**B-I-N-G-O & FREE Hot Lunch provided by the City of Lake Forest every Thursday!**

**Seniors                      On-going                      Mon-Thu                      10:00 am-2:00 pm**

**Please Note: The Senior Scene Clubhouse will be closed on the following dates: Monday, May 30 and Monday, July 4.**

### HEAT WATCH

**During the summer months (July through September) the Senior Scene Clubhouse will remain open until 4:00 pm on days of extreme heat (over 90 degrees).**



# Need to Know Numbers!



Periodically, we receive requests for phone numbers and felt that these numbers would be useful. Cut them out and keep them handy for future use!

AARP.....888-687-2277  
 ACCESS (Reservations/Information) .877-628-2232  
 ACCESS (Eligibility) .....714-560-5956  
 Age Well Senior Services, Inc. .... 855-8033  
 (formerly South County Senior Services)  
 City of Lake Forest City Hall ..... 461-3400  
 Council on Aging .....714-479-0107  
 Disabled Housing Information. ....714-567-7500  
 Elder/Disabled Adult Abuse.....800-451-5155  
 HiCap Services .....800-434-0222  
 Human Services Information .....2-1-1  
 Irvine Valley College/Emeritus ..... 451-5555  
 Meals on Wheels.....380-0155 ext.12  
 Medicare Fraud Hotline.....800-447-8477  
 OCTA (Transportation).....800-636-7433  
 Office on Aging.....800-510-2020  
 Orange Caregiver Resource Center..800-543-8312

## Drop-In Computer Lab Hours



Feel free to stop by the Training Room to check your e-mail, practice surfing the net and practice your computer skills to improve your proficiency. *\*Throughout the year, the Training Room is used for in-house staff training so availability may be limited at certain times.*

Fee: Free!

Location: Lake Forest Community Center, Computer Lab  
 (25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450**

**\*Seniors      On-going      Mon-Thu      10:00 am-2:00 pm**



## Crafty Crafters

The Senior Scene Clubhouse offers *Crafty Crafters* once a month on Tuesdays. Past crafts have included tote bags, gift/holiday cards, decorative soaps, birdhouses, floral pots and much, much more. Come and find out what you'll be creating next! The only thing you need to bring is your imagination! **Please call 461-3408 and reserve your space for this very popular program. Look in the Senior Scene Clubhouse Calendar for dates and times!**

Fee: Free!

Location: Lake Forest Community Center, Activities Room  
 (25550 Commercentre Dr)

## Non-Emergency Medical Transportation

Age Well Senior Services, Inc. offers Lake Forest seniors (at least 60 years of age) non-emergency medical transportation to their medical facilities for \$2 one-way, within a designated service area. The program also serves Kaiser Anaheim (Lakeview), UCI Medical Center in Orange, St. Joseph's Hospital of Orange and the Long Beach Veterans Hospital. Rides are available Monday through Friday from 7:00 am to 6:00 pm. Participants must be ineligible for the OCTA Access service. Individuals who are currently utilizing OCTA ACCESS and are in a frail medical condition which creates a hardship, may be granted a waiver and be allowed to use the SNETM Program.

**Riders must register with Age Well Senior Services, Inc. before using the service. For detailed information, call 949-855-9766.**



## Young At Heart ~ Lake Forest

### Seniors Reading Circle

The Young At Heart ~ Lake Forest Seniors Reading Circle meets once a month and discusses fiction and non-fiction books participants have read...it's a time to share your point-of-view as well as listen to others' interpretations. The City provides snacks for you to enjoy during the book discussion. No need to sign up! Afterwards, drop by the Senior Clubhouse and enjoy a free hot lunch and Bingo.

Book Discussion Location: Lake Forest Community Center, El Toro Room (25550 Commercentre Dr)

**For more info call: The City of Lake Forest at 461-3450**

Future books to be discussed and dates:

<b>Jun 16</b>	<b>Thu</b>	<b>84 Charring Cross</b>	Helen Hanff
<b>Jul 14</b>	<b>Thu</b>	<b>The Great Gatsby</b>	F. Scott Fitzgerald
<b>Aug 18</b>	<b>Thu</b>	<b>Her Mother's Hope</b>	Francine Rivers

### Cell Phones For Life

The Senior Scene Clubhouse has FREE emergency cell phones for elderly and disabled individuals. Cell Phones For Life is a non-profit organization whose mission along with the City of Lake Forest is to help individuals experience peace of mind knowing that assistance is only a phone call away. **The cell phones can only be used to call 911.**

**You can pick up a cell phone and a battery Monday through Thursday from 10:00 am-2:00 pm at Lake Forest City Hall (25550 Commercentre Dr., Second Floor).** If you have any questions, please call 461-3408 and leave your name and phone number and a staff member will return your call.

If you would like to donate an old cell phone and battery/charger, please drop them off at the Senior Scene Clubhouse Monday through Thursday from 10:00 am to 2:00 pm.

### Senior Golf Days at Lake Forest Golf and Practice Center

If you like being outdoors and meeting new friends, Senior Golf Days is a program just for you! This program is put on by Outdoor Explorations. It includes six outings of nine holes of golf, warm-up balls, snacks, and a weekly putting contest.

Fee: Lake Forest Senior residents - \$57; Non-residents - \$78

Location: Lake Forest Golf and Practice Center  
(23308 Cherry Ave)

**For more info or to register call: Angela Kelly at 588-0917**

**Registration for Session 50 on Thu, Jul 21 only**

**Registration for Session 51 on Thu, Sep 8 only**

#### Session 50

**Seniors Jul 21-Aug 25 Tue or Thu only 7:45-8:15 am tee times**

#### Session 51

**Seniors Sep 8-Oct 13 Tue or Thu only 7:45-8:15 am tee times**

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 35-36 for more info.



### Senior Bowling League at Forest Lanes

Bring your friends and form your own team, or sign up individually. It's Jackpot Friday for all Senior Bowlers! Join and participate in this fun-filled afternoon and win the Jackpot! All skill levels are welcome. Fee includes games and Jackpot...if you win!

Fee: \$8.50 per resident senior (plus \$3.00 shoe rental)

\$10.50 per non-resident senior (plus \$3.00 shoe rental)

Location: Forest Lanes (22771 Centre Dr)

To Register Call: Forest Lanes at 770-0055

<b>Seniors</b>	<b>On-Going</b>	<b>Fri</b>	<b>1:00-3:30 pm</b>
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### AARP Driver Safety - Refresher Course

Need a little refresher course so you can be more confident behind the wheel? Then we have a class for you! This instructional class is for the mature driver (50+) who has taken the course within the last four years. You will learn better driving techniques and ways to spot and correct bad driving habits. You will save on auto insurance and help to maintain mobility and independence after completing this great course.

Fee: \$12.00 (AARP members; \$14.00 non members) –  
1 Class session (**check made payable to AARP**)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Mail-In, Walk-In. No On-line Registration is available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#: 2153</b>	<b>Jul 15</b>	<b>Fri</b>	<b>8:30 am-1:00 pm</b>
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### Senior Box Lunch Program

The Senior Box Lunch Program is offered on Mondays, Tuesdays and Wednesdays at 11:30 am. Lunch includes a sandwich, fruit or veggie salad, 2 drinks and a dessert.



Age Well Senior Services, Inc. provides these healthy lunch boxes...so be sure and tell your neighbors and friends! Registration is required for the program and reservations are also recommended. Reservations should be made by 1:00 pm on Thursdays for the following week. **If you would like to take your box lunch home, you must bring an insulated cooler.**

Fee: \$4.00 suggested donation  
is requested per participant

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**For more info or to register call:  
The City of Lake Forest at 461-3445**

<b>Seniors</b>	<b>On-going</b>	<b>Mon-Wed</b>	<b>11:30 am</b>
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# HICAP

## Health Insurance Counseling and Advocacy Program

Nobody likes dealing with health insurance. When we're ill, the last thing we want to worry about is what's covered. Health costs can be staggering, and just about everyone worries about what the future will hold as our health declines.

*What is Medicare? What does it cover? Am I eligible? How do I sign-up? Who could possibly help me figure all this out without trying to sell me something I don't need?*

**HICAP CAN HELP YOU!** HICAP is a volunteer-supported program that provides free counseling and educational services for older adults and their families. You can arrange for an individual counseling appointment with a HICAP counselor to get the most current information available to help you find your way through the maze of health insurance regulations and coverage. If you want to know what benefits and services you're entitled to and how the health care system works, call and make an appointment.

Through working with a HICAP counselor, you will get *unbiased* information to help you make the best choices for your individual health care needs as HICAP counselors cannot sell, endorse, or recommend any specific insurance.

HICAP can help you understand:

1. Your rights as a health care consumer
2. Medicare benefits, including how to appeal Medicare and HMO denials
3. Medicare and health insurance jargon
4. Private Medicare supplemental health insurance policy benefits and exclusions
5. HMOs and how they work including emergency assistance with denials
6. Long-term care insurance

**Appointments are available from 10:00 am-2:00 pm on the second Tuesday of the month (June 14, July 12, and August 9).**

**TO MAKE AN APPOINTMENT, PLEASE  
CALL 461-3408 AND LEAVE YOUR  
NAME AND PHONE NUMBER.**



## Senior Scene Clubhouse 4th of July Parade Float

The City's 20th Annual 4th of July Parade will be here before you know it! Last year, and prior years, the Senior Scene Clubhouse has been a participant in the parade...in fact, our float received the "Mayor's Choice" award in 2007, "Best Theme" in 2008, "Most Patriotic" in 2009, and "Best of Lake Forest" in 2010. Do Lake Forest Seniors Rock or what? This year's parade theme is "Celebrating Independence on our 20<sup>th</sup> Birthday." If you would like to help decorate or ride on the float (space is limited), please call 461-3408 and leave your name and phone number.



## Happy Trails Western BBQ Dinner Dance

*Happy trails to you until...*y'all know the rest of the song. Saddle-up and mosey on over to the LF Corral for a rootin'-tootin' good time. Yes sireee little doggies we want you to come dressed up as your favorite cowboy, cowgirl, Tonto or Trigger! You'll swing your partner to tunes and songs by your favorite DJ...Doug Houston! We'll serve some "tasty grub" for all to enjoy. So come along and join us for a knee-slappin' good time! Space is limited, so make your reservations early!

Fee: \$7.00 per person

**(Lake Forest residents register Tue., May 17;  
non-residents Tue., May 24)**

Location: Lake Forest Senior Scene Clubhouse  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2155 Seniors Aug 5 Fri 4:00-7:00 pm**



# EXCURSIONS

The City of Lake Forest offers great excursions for Adults, Seniors and Families! Senior excursions are open to individuals ages 50 and over, while excursions for Adults are for individuals 18 and over. Family Excursions are open to all ages. Pre-registration is required for all excursions and all trips include transportation on a luxury bus, snacks, and admission. A meal may be included if specified in the description. Upon confirmation of your registration, departure details will be mailed to you. ***Tickets that are purchased for City of Lake Forest Excursions are non-transferable.***



## Evening at Griffith Observatory & Light of the Valkyries - Picnic at The Trails Café - Los Angeles

Your afternoon begins with a picnic at The Trails Café in Griffith Park where the atmosphere is quaint, charming and the homemade food is delicious as California's Gold host Huell Howser highlighted on his show. After the picnic you will board the bus to the observatory. The Griffith Observatory is one of the premier public observatories in the world. Since opening in 1935, more than seven million people have put an eye to Griffith Observatory's original 12-inch Zeiss refracting telescope. Griffith Observatory's three solar telescopes bring the Sun directly to visitors in the west rotunda of the Ahmanson Hall of the Sky. All participants will have an opportunity to view objects in our galaxy. In the evening, the planetarium show "Light of the Valkyries" takes you on a voyage of Viking cosmology and explores the true nature of the aurora borealis – the northern lights. Explore the source of the northern lights (the Sun), and thrill to a cosmic light show set to one of the most iconic pieces of music of all time, Wagner's "Ride of the Valkyries."

Menu options: Avocado Sandwich, Egg Salad Sandwich, Cheddar Cheese & Veggie Quiche, Vegetarian Chili and Cornbread or Vegan Shepherd's Pie...all meals include a fresh fruit bowl, a large homemade oatmeal or shortbread cookie, and lemonade or iced tea.

Fee: \$45.00 per person

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2157 Families/Adults 10 yrs + Jul 22 Fri 2:00-10:00 pm**

## "Excursion Fun"



## Viejas Casino & Outlet Center – Alpine (San Diego County)

You don't have ringing in your ears...that's the sound of the slot machine bell ringing when you play on one of the 2,500 slots at the Viejas Casino. They have all your favorites like Wheel of Fortune, Megabucks, Pot O'Gold and more. And if you don't get enough Bingo at the Senior Scene Clubhouse, try the new "electronic touch pads" that make playing Bingo easier than ever. Enjoy playing Blackjack, Poker, Pai Gow and Baccarat, too! For those who want to break up the day, take a short walk across the driveway to the Outlet Center where you can shop at Bass, Izod, Lane Bryant, Eddie Bauer, Border's Books, Jones New York, and many more stores. You will receive a complimentary Casino Fun Book (discounts to the Viejas Outlet along with \$5.00 off in the Harvest Buffet or any purchase at Daisy's Café or Far East Winds).

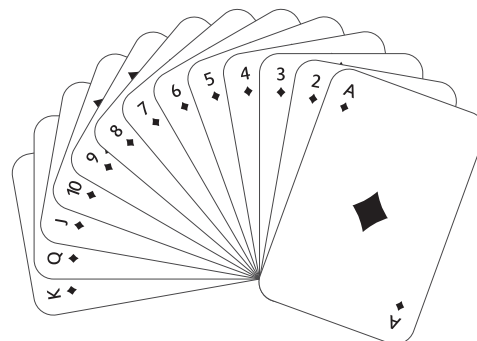
Fee: \$10.00 per person

Departure Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-Line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2158 Adults/Seniors Aug 17 Wed 9:00 am-6:00 pm**



## SENIOR EMERITUS CLASSES

through Irvine Valley College

EMERITUS CLASSES are offered for active seniors. The City of Lake Forest partners with Irvine Valley College's Emeritus Program to offer courses especially designed to meet the educational and recreational interests of seniors. Pre-registration is recommended for all classes.

### REGISTRATION FOR SENIOR EMERITUS CLASSES ONLY

To register for the Emeritus Classes the following options are available.

**On-Line Registration** log onto [www.123getsmart.com](http://www.123getsmart.com).

- Click on the button "Register for Emeritus Classes"
- Click on the link in the left column "Emeritus"
- Select class category (i.e., Fitness) in the blue column on the left. (Class sections are on the right in alphabetical order...click on the class you want.)
- Click on the Class Course Number for the section you want
- Click the "Add" button
- Click on "Create New Account" (your previous IVC Student Number and Pin Number do not work on this system)
- Fill in all your personal contact information.
- Choose the button to continue Shopping for more classes" or "Go to checkout"
- Complete your credit card information and click on "Complete Transaction"
- IVC will send you a copy of your receipt w/your log-in ID and Pin Number for future classes

#### Phone Registration

- Call 949-451-5555 Monday-Friday 9:00 am – 5:00 pm

#### Mail form and payments to:

- IVC Emeritus Institute, 5500 Irvine Center Dr., Irvine, CA 92618

#### Fax form to IVC:

- 949-451-5270

**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.

## Computers

For information on future computer courses, please contact IVC at 949-451-5555.

## Enrichment

### Advanced Creative Writing

An advanced level creative writing class for older adults. Writing from Life & Personal History is featured. This course is not graded.

Fee: \$26.00

Location: El Toro Library (24672 Raymond Way)

To register by phone: Call IVC at 451-5555

Tic#: 3897 Seniors May 23-Aug 8 Mon 1:00-3:50 pm

## Fitness

### It's Never Too Late Fitness

The class consists of the three components necessary to maintain optimum health and fitness. Low impact weight bearing aerobics, strength training, stretching and flexibility movements suited to the needs of the individual.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555

Tic#: 62355 Seniors May 19-Jun 23 Thu 10:00-11:30 am

### Dyna Bands Workout & Arthritis Exercise

Increase your strength and mobility using Dyna-Bands. Dyna-Bands or resistance bands, (which are long latex strips) are used to increase muscle strength. Learn to properly perform exercises using these popular resistance bands in combination with low-impact aerobics and gentle stretching. Workouts include a cool down time with gentle stretching and breathing to relax all body parts. This class includes the Arthritis exercise program.

Fee: \$25.00

Location: Lake Forest Community Center (25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

Tic#: 3693 Seniors May 24-Aug 9 Tue 12:30-2:00 pm

## Pilates

A non-impact exercise program for dancers and non-dancers, based on the principles of Joseph Pilates. Strengthens and tones muscles, increases flexibility, develops proper body alignment, improves coordination and develops an increased sense of body awareness. Includes stretches that enhance physical fitness and focus on total body conditioning to correct body alignment and improve your posture. Wear comfortable clothing and bring a mat to class.

Fee: \$20.00

Location: Lake Forest II Sun & Sail Club (24752 Toledo Way)

To register by phone: Call IVC at 451-5555

Tic#: 62355 Seniors May 17-Jun 21 Tue 10:00-11:30 am



## Aquatic Fitness Training

Designed for swimmers and non-swimmers to develop and maintain physical fitness through aerobic conditioning in the water. Emphasis is on training to improve balance and cardiovascular fitness.

Fee: \$20.00

Location: Lake Forest I Beach & Tennis Club  
(22921 Ridge Route)

To register by phone: Call IVC at 451-5555

<b>Tic#:</b> 3913	<b>Seniors</b>	<b>May 24-Jul 12</b>	<b>Tue</b>	<b>2:00-3:30 pm</b>
<b>Tic#:</b> 3914	<b>Seniors</b>	<b>May 26-Jul 14</b>	<b>Thu</b>	<b>2:00-3:30 pm</b>

## Physical Fitness: Yoga w/Fleur

Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing, breathing and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level.

Fee: \$36.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

<b>Tic#:</b> 62365	<b>Seniors</b>	<b>May 25-Aug 10</b>	<b>Wed</b>	<b>1:00-2:30 pm</b>
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## Tai Chi Ch'uan

This course presents Tai Chi Ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of Tai Chi Ch'uan.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

<b>Tic#:</b> 62345	<b>Seniors</b>	<b>May 25-Jul 13</b>	<b>Wed</b>	<b>9:00-10:30 am</b>
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## Advanced Tai Chi Ch'uan

This class is an advanced tai chi class for students Guang Peng Yang tai chi.

Fee: \$25.00

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To register by phone: Call IVC at 451-5555

<b>Tic#:</b> 62345	<b>Seniors</b>	<b>May 25-Jul 13</b>	<b>Wed</b>	<b>10:30 am-12:00 pm</b>
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# SUMMER CAMPS

## Lake Forest's Parent & Me Sports Camp

Does your little one dream of becoming a sports superstar? If so this camp is for you! Parents and kids will get a chance to interact with each other while learning the basics of several popular sports in this action-packed, week long sports camp. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, tee-ball, volleyball and more. Our coach to camper ratio will be 5 to 1 so your little one will receive plenty of individual instruction. This camp includes a t-shirt, cold drinks and a special prize on the last day! Space is limited so sign-up today!

Instructor: Lake Forest Recreation Staff

Fee: \$25 per participant – 1 week camp

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

<b>Act#:</b> 2254	<b>3-5 yrs</b>	<b>Jul 18-22</b>	<b>Mon-Fri</b>	<b>1:00-1:45 pm</b>
<b>Act#:</b> 2255	<b>3-5 yrs</b>	<b>Jul 25-29</b>	<b>Mon-Fri</b>	<b>1:00-1:45 pm</b>
<b>Act#:</b> 2256	<b>3-5 yrs</b>	<b>Aug 1-5</b>	<b>Mon-Fri</b>	<b>1:00-1:45 pm</b>

## Lake Forest's Junior Stars Sports Camp

Attention all Lake Forest athletes!!! Do you want to learn the skills needed to take your sports game to the next level? If so then this camp is for you! Participants will learn basic to advanced techniques for several different popular sports in this fun and exciting week long camp. We will focus on the benefits of sportsmanship, discipline and teamwork while we play several games including: soccer, tee-ball, flag-football, volleyball and more. All skill levels are welcome and our coach to camper ratio will be 5 to 1 so your child will receive plenty of individual instruction. This camp includes a t-shirt, cold drinks and a special prize on the last day! Space is limited so sign-up today!

Instructor: Lake Forest Recreation Staff

Fee: \$25 per participant – 1 week camp

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

<b>Act#:</b> 2251	<b>6-8 yrs</b>	<b>Jul 18-22</b>	<b>Mon-Fri</b>	<b>2:00-3:00 pm</b>
<b>Act#:</b> 2252	<b>6-8 yrs</b>	<b>Jul 25-29</b>	<b>Mon-Fri</b>	<b>2:00-3:00 pm</b>
<b>Act#:</b> 2253	<b>6-8 yrs</b>	<b>Aug 1-5</b>	<b>Mon-Fri</b>	<b>2:00-3:00 pm</b>

We encourage you to register for our recreation programs online by visiting [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline). In order to complete your registration, you will need to have an account PIN# and internet login ID. You can easily set this up online, however, if you have trouble, please contact Community Services at 461-3450 during normal business hours. We ask that you refrain from setting up duplicate accounts if you encounter a problem.

**PLEASE NOTE:** You may only register for Senior Emeritus Classes at IVC's website or by calling 451-5555. The registration date for City programs and excursions does not apply to the Emeritus classes.



## Lake Forest's Little Pioneers Camp

Summertime is on its way and all the little boys and girls of Lake Forest are ready to play! The City of Lake Forest presents our fourth annual preschool summer day camp! Serrano Creek Park will serve as the host of our Little Pioneers day camp. Children will get to play games, sing songs, make crafts and have super fun dress up dance parties! There's something exciting going on every day at this camp. On Tuesday, make sure your child puts on their riding boots! We're going to see the horses at the stables! Have them bring their swimsuit every Wednesday because it's water day! And Thursday is our mini excursion at Heritage Hill! Every little pioneer must be toilet trained and used to leaving mom and dad for at least 3 hours. Our fee includes a t-shirt and a snack, but make sure to pack some extra munchies just in case your preschooler gets hungry



from all the fun and play. Come join us on our summer adventure – the counselors are waiting!

Instructor: Lake Forest Recreation Staff

Fee: \$75 per week – Resident  
\$80 per week – Non-Resident

(Weeks of Jun 27 and Jul 5 fee is \$60 – Resident;  
\$65 – Non-Resident)

Location: Serrano Creek Park (25101 Serrano Rd)

**To Register: Online, Mail-In, Walk-in**

**(Pre-registration for this camp is required)**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2160	3-5 yrs	Jun 20-24	Mon-Fri	9:00 am-12:00 pm
				"Old Lake Forest Had a Farm"
Act#: 2161	3-5 yrs	Jun 27-30	Mon-Thu	9:00 am-12:00 pm
				"American Heroes"
Act#: 2162	3-5 yrs	Jul 5-8	Tue-Fri	9:00 am-12:00 pm
				"All Star Sports"
Act#: 2163	3-5 yrs	Jul 11-15	Mon-Fri	9:00 am-12:00 pm
				"Pirates & Princesses"
Act#: 2164	3-5 yrs	Jul 18-22	Mon-Fri	9:00 am-12:00 pm
				"Under the Sea"
Act#: 2165	3-5 yrs	Jul 25-29	Mon-Fri	9:00 am-12:00 pm
				"Mickey & Friends"
Act#: 2166	3-5 yrs	Aug 1-5	Mon-Fri	9:00 am-12:00 pm
				"Fun in the Sun"
Act#: 2167	3-5 yrs	Aug 8-12	Mon-Fri	9:00 am-12:00 pm
				"Cowboys & Cowgirls"



## Lake Forest ROCKS Camp

Find out why Lake Forest Rocks – come to our third annual Lake Forest Rocks Camp! Each week we will be going on two mini excursions and one big excursion. Our big excursions will include Knott's Berry Farm, Wild Rivers, Medieval Times, OC Fair, Knott's Soak City, and Disneyland. Other fun camp activities include, skits, team competitions, and every Friday, a BBQ! This camp will have an 8 to 1 camper to counselor ratio. Everyone in this camp gets the coolest t-shirt around.



Instructor: Lake Forest Recreation Staff

Fee: \$129 per week – Resident  
\$134 per week – Non-Resident

Location: Pittsford Park  
(21701 Pittsford Dr)

**To Register: Online, Mail-In, Walk-In**

**(Pre-registration for this camp is required)**

**For more info call: The City of Lake Forest at 461-3450**

Act#:2168	8-12 yrs	Jul 18-22	Mon-Fri	8:00 am-6:00 pm
				Knott's Berry Farm
Act#: 2169	8-12 yrs	Jul 25-29	Mon-Fri	8:00 am-6:00 pm
				Knott's Soak City
Act#: 2170	8-12 yrs	Aug 1-5	Mon-Fri	8:00 am-6:00 pm
				Medieval Times
Act#: 2171	8-12 yrs	Aug 8-12	Mon-Fri	8:00 am-6:00 pm
				OC Fair
Act#: 2172	8-12 yrs	Aug 15-19	Mon-Fri	8:00 am-6:00 pm
				Wild Rivers
Act#: 2173	8-12 yrs	Aug 22-26	Mon-Fri	8:00 am-6:00 pm
				Disneyland

## Pre-Engineering with LEGO

Have your child become a "Play Well Engineer" this summer! Students build cities, bridges, motorized cars and planes and will explore the many creative possibilities of engineering with the LEGO system. With access to over 100,000 pieces of LEGO, your child will have the opportunity to build what they have only dreamed of with the support of an experienced Play Well engineer instructor guiding them.

Instructor: Play Well TEKnologies staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(1 week camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2262	5-6 yrs	Jul 25-29	Mon-Fri	9:00 am-12:00 pm
Act#: 2263	5-6 yrs	Aug 8-12	Mon-Fri	9:00 am-12:00 pm

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 35-36 for more info.



## Engineering Fundamentals with LEGO

Have your child become a Play-Well engineer this summer! Students take on real-life engineering challenges that explore concepts in physics, architecture, mechanical and structural engineering with over 100,000 pieces of LEGO material. From race cars to battle tracks, this is a hands-on and minds-on camp suitable for LEGO novices to "maniacs." Designed by engineers, the curriculum challenges both new and returning students to reach the next level of engineering comprehension all while having fun.

Instructor: Play Well TEKnologies staff

Fee: \$175 – Resident  
\$180 – Non-Resident  
(1 week camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2260 7-12 yrs Jul 25-29 Mon-Fri 1:00-4:00 pm**  
**Act#: 2261 7-12 yrs Aug 8-12 Mon-Fri 1:00-4:00 pm**

## Let's Do Robotics

Work in teams, learn robotics, build and program your own robotic creations using the WeDo Robotics System. This unique system, designed by experts at MIT, teaches campers about simple machines, engineering, programming and so much more. Young imaginations soar!

Instructor: Computer Explorers Staff

Fee: \$115 per participant – Resident  
\$120 per participant – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2291 5-7 yrs Jun 27-Jul 1 Mon-Fri 10:00-11:00 am**  
**Act#: 2292 5-7 yrs Aug 1-5 Mon-Fri 10:00-11:00 am**

## Rock & Roll Robots

Create robots that rock and robots that roll! Using the WeDo Robotics system, your robots will include a monkey playing a drum, a lion that roars, a bird that flaps its wings, a sleeping giant that awakens on your command and a boat that will rock on the rough seas. This course builds knowledge of simple machines, engineering, programming and teamwork in an environment full of rockin' fun!

Instructor: Computer Explorers Staff

Fee: \$130 per participant – Resident  
\$135 per participant – Non-Resident  
(5-day camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2293 7-14 yrs Jul 11-15 Mon-Fri 10:30 am-12:00 pm**  
**Act#: 2294 7-14 yrs Aug 15-19 Mon-Fri 10:30 am-12:00 pm**

## Acting FUN-damentals Camp



We will be learning improvisation skills, how to audition for shows and techniques to become a better actor in a FUN-damental class environment. If you've ever wanted to gain more confidence and learn how to act then this is the camp for you! A performance for friends and family will take place on the last day of camp.

Instructor: Tara Meyer

Fee: \$59 – Resident  
\$64 – Non-Resident  
(week-long camp)

Material Fee: \$3 due to instructor during first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2270 8-16 yrs Jun 27-30 Mon-Thu 2:00-3:30 pm**

## Modeling & Style Camp



We will explore the world of modeling by working with make-up, hair products and cameras in this high fashion camp. We will learn how to become a model and how to make ourselves prettier on the inside and out. A fashion show performance for friends and family will take place on the last day of camp.

Instructor: Tara Meyer

Fee: \$59 – Resident  
\$64 – Non-Resident  
(week-long camp)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

Material Fee: \$5 due to instructor during first class meeting

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2295 10-16 yrs Jul 25-28 Mon-Thu 2:00-3:30 pm**

## Junior Tennis Camps

Come join this summer's tennis camp where 'fun' is the emphasis. This camp is for all levels of players from beginner to advance who are interested in learning more about tennis, making new friends and just having a good time. This camp makes tennis fun and easy for children to learn basic strokes, shot placement, serves, volleys and strategies. Bring a racquet and a smile. Each camp includes snacks, drinks and fun camp games. Please bring an unopened can of balls to first class meeting. A \$10 t-shirt (optional) can be purchased the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$115 per participant – Resident  
\$120 per participant – Non-Resident  
1 week (5 day) session

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2264 7-14 yrs Jun 20-24 Mon-Fri 9:00 am-12:00 pm**  
**Act#: 2265 7-14 yrs Jul 11-Jul 15 Mon-Fri 9:00 am-12:00 pm**  
**Act#: 2266 7-14 yrs Jul 18-Jul 22 Mon-Fri 9:00 am-12:00 pm**

## Saddleback Valley Volleyball Camps



The Saddleback Valley Volleyball club offers a variety of 4-day camps to help you learn and improve in your volleyball skills. Their top-notch coaching staff will show you the techniques needed to take your game to the next level!

Instructor: S.V.V.C. staff

Location: Saddleback Valley Volleyball Club  
(26923 Fuerte Dr.)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

### Youth Beginner Camps

<b>Act#:</b> 2283	<b>6-10 yrs</b>	<b>Jul 11-14</b>	<b>Mon-Thu</b>	<b>9:00-11:00 am</b>
<b>Act#:</b> 2284	<b>6-10 yrs</b>	<b>Jul 18-21</b>	<b>Mon-Thu</b>	<b>9:00-11:00 am</b>

Fee: \$100 – Resident  
\$105 – Non-Resident  
(4-day camp)

### Junior High All-Skills Camp

<b>Act#:</b> 2285	<b>11-14 yrs</b>	<b>Aug 15-18</b>	<b>Mon-Thu</b>	<b>9:00-11:30 am</b>
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Fee: \$160 – Resident  
\$165 – Non-Resident  
(4-day camp)

### High School Skills Camps – \$150 (4-day camp)

<b>Act#:</b> 2286	<b>14-16 yrs</b>	<b>Jul 11-14</b>	<b>Mon-Thu</b>	<b>8:30-10:30 am</b>
<b>Act#:</b> 2287	<b>14-16 yrs</b>	<b>Jul 18-21</b>	<b>Mon-Thu</b>	<b>8:30-10:30 am</b>

Fee: \$150 – Resident  
\$155 – Non-Resident  
(4-day camp)

## "Summer of Art" Camp

This art camp is filled with creative and fun projects. Explore a variety of media such as acrylics on canvas, watercolors, pastels, clay sculpture and more! We will enjoy summertime through art as we draw and paint landscapes, still-life, animals and other themes. Clay projects will be glazed and fired. All art supplies and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$89 – Resident  
\$94 – Non-Resident  
(week-long camp)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2267	<b>6-12 yrs</b>	<b>Jun 27-Jul 1</b>	<b>Mon-Fri</b>	<b>1:00-3:00 pm</b>
<b>Act#:</b> 2268	<b>6-12 yrs</b>	<b>Jul 11-Jul 15</b>	<b>Mon-Fri</b>	<b>1:00-3:00 pm</b>
<b>Act#:</b> 2269	<b>6-12 yrs</b>	<b>Aug 22-Aug 26</b>	<b>Mon-Fri</b>	<b>1:00-3:00 pm</b>

Three easy ways to register: on-line, mail-in or walk-in! Turn to pages 35-36 for more info.

## "The Little Mermaid" Musical Camp



This camp will give your child an opportunity to star in a production of "The Little Mermaid"! Participants will learn proper vocal training, posture, acting, costume making and stage presentation culminating in an exciting concert performance on Thursday, August 4th.

Instructor: Eutonic School of Music Staff

Fee: \$250 – Resident  
\$255 – Non-Resident  
(6-week camp)

Materials Fee: An additional material fee of \$25 due to instructor at first class meeting

Location: Eutonic School of Music  
(25411 Trabuco Rd. Suite 221)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2271	<b>8-12 yrs</b>	<b>Jun 22-Jul 29</b>	<b>Wed &amp; Fri</b>	<b>5:00-7:00 pm</b>
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## "The Lost Mitten" Musical Camp



This camp will give your child an opportunity to star in a production of "The Lost Mitten"! Participants will learn proper vocal training, posture, acting, costume making and stage presentation culminating in an exciting concert performance on Thursday, August 4th.

Instructor: Eutonic School of Music Staff

Fee: \$150 – Resident  
\$155 – Non-Resident  
(6-week camp)

Materials Fee: An additional material fee of \$25 due to instructor on first class meeting

Location: Eutonic School of Music  
(25411 Trabuco Rd. Suite 221)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

<b>Act#:</b> 2272	<b>5-7 yrs</b>	<b>Jun 27-Aug 1</b>	<b>Mon</b>	<b>1:00-3:00 pm</b>
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We encourage you to register for our recreation programs online by visiting [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline). In order to complete your registration, you will need to have an account PIN# and internet login ID. You can easily set this up online, however, if you have trouble, please contact Community Services at 461-3450 during normal business hours. We ask that you refrain from setting up duplicate accounts if you encounter a problem.



# RECREATION CLASSES

## Youth

### Discover Ceramics

Have a blast learning how to turn clay into wonderful creatures and other fun creations. We will hand build each piece and learn techniques such as coiling, scoring and slab, and decorate them all with under-glazes. Different projects will be completed each week. All pieces will be glazed and fired and aprons will be provided.

Instructor: My Art Studio – Lucia Henry

Fee: \$59 – Resident  
\$64 – Non-Resident  
(4-week session)

Materials Fee: An additional material fee of \$20 due to instructor on first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail-In, Walk-In

Act#: 2188 6-12 yrs Aug 2-23 Tue 3:30-4:45 pm

### Parent & Me

### Princess Ballet and Dance

Does your little one dream of being a Princess? If so, this is the class for her! The princess ballet series is an introduction to the fundamentals of ballet and creative movement with an element of fun and fantasy. With a little help from mom/caretaker, children use props, dress in princess attire, make princess crafts, have princess story time, dance to classical fairy tale music, and much more. Each session features a different princess and the instructor will provide princess attire and props. Parent participation is required. *For more information on Orange County Dance Productions classes, please visit [OCDanceProductions.com](http://OCDanceProductions.com).*

Instructor: Tiffany Esmond, OC Dance Productions

Fee: \$55 per Parent and Child couple-Resident  
\$60 per Parent and Child couple-Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2175 1 ½-3 yrs Jun 6-Jul 11\* Mon 10:00-10:45 am  
\*No class 7/4

### Children's Brazilian Jiu-Jitsu and Mixed Martial Arts for Beginners

Children's Brazilian Jiu-Jitsu and Mixed Martial Arts for Beginners is a **non-contact** course which safely introduces children to the basic fundamental techniques and principles of Brazilian Jiu-Jitsu, Muay Thai, and wrestling. The course is designed to incorporate fitness, develop positive character traits and to have a heck-of-a-lot-of-fun while doing it. Each class begins with a warm up, which includes fitness and safety drills, technical instruction, and games intertwining active listening and fitness. Athletic shorts or Board shorts (preferred), and T-shirts or Rash Guards (preferred) are required for students.

Instructor: O.C. Jiu-Jitsu Staff

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8 classes per session)

Location: O.C. Jiu-Jitsu (22661 Lambert Street, Suite #209)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2303	4-11 yrs	Jun 6-29	Mon & Wed	5:00-6:00 pm
Act#: 2304	4-11 yrs	Jul 11-Aug 3	Mon & Wed	5:00-6:00 pm
Act#: 2305	4-11 yrs	Aug 8-31	Mon & Wed	5:00-6:00 pm

### Princess Ballet Series

This activity packed class is filled with ballet and creative movement with all the imagery that comes with being a fairy tale princess. Class consists of basic dance skills, creative dance and play, crafts and performance. Participants will dress up in the featured princess skirts with props and music to complete the Princess. Princesses will perform their new routines for family and friends on the last day of class. Each session consists of different featured princesses and crafts. Some parent participation is required. *For more information on Orange County Dance Productions classes please visit [OCDanceProductions.com](http://OCDanceProductions.com).* Participants should wear leotards, tights and ballet shoes.

Instructor: Tiffany Esmond, OC Dance Productions

Fee: \$55 per Parent and Child Couple-Resident  
\$60 per Parent and Child Couple-Non-Resident  
(5-week session)

Material Fee: An additional material fee of \$10 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

To Register: On-line, Mail In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2176 3-5 yrs Jun 6-Jul 11\* Mon 10:45-11:30 am  
\*No class 7/4

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 35-36 for more info.

## TriFytt Sports: Multi-Sport Skillz Clinic

This is a great chance for beginning and advanced soccer, tee-ball and basketball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$79 per participant – Resident  
\$84 per participant – Non-Resident  
(8-week session)



Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2182 5-7 yrs Jul 9-Aug 27 Sat 10:30-11:15 am

## TriFytt Sports: Parent and Me Soccer

This class is a great chance for parents to interact with their young ones while learning the basics of soccer with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of soccer and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$59 per Parent and Child couple – Resident  
\$64 per Parent and Child couple – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2186 1 ½-2 yrs Jul 15-Aug 19 Fri 4:00-4:30 pm  
Act#: 2181 2-4 yrs Jul 15-Aug 19 Fri 4:30-5:00 pm

## TriFytt Sports: Tee-Ball Skillz Clinic

This is a great chance for beginning and advanced tee-ball players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident  
\$64 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2179 2-3 yrs Jul 12-Aug 16 Tue 4:30-5:00 pm  
Act#: 2185 3-5 yrs Jul 12-Aug 16 Tue 5:00-5:45 pm  
Act#: 2187 5-7 yrs Jul 12-Aug 16 Tue 6:00-6:45 pm

## TriFytt Sports: Soccer Skillz Clinic

This is a great chance for beginning and advanced soccer players to receive specific coaching techniques on skills and game situations through fun and safe games and drills. Athletes will learn new techniques and tactics while we also concentrate on teaching them the benefits of sportsmanship, discipline, and teamwork. Each athlete will be taught drills to help further their skill development.

Instructor: TriFytt Sports Staff

Fee: \$59 per participant – Resident  
\$64 per participant – Non-Resident  
(6-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2178 3-5 yrs Jul 15-Aug 19 Fri 5:00-5:45 pm  
Act#: 2180 5-7 yrs Jul 15-Aug 19 Fri 6:00-6:45 pm

## TriFytt Sports: Parent and Me Multi-Sport

This class is a great chance for parents to interact with their young ones while learning the basics of soccer, tee-ball and basketball with our TriFytt Sports staff. Drills, games and activities will all focus on the motor skills required to play this great sport in a noncompetitive, safe atmosphere. These youngsters will learn the fundamentals of multiple sports and will allow them to experience athletic competition firsthand. Don't miss out on this special opportunity! It's a great bonding experience for both parents and their children.

Instructor: TriFytt Sports Staff

Fee: \$79 per Parent and Child couple – Resident  
\$84 per Parent and Child couple – Non-Resident  
(8-week session)

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)



To Register: On-line, Mail-In, Walk-In

For more info call: The City of Lake Forest at 461-3450

Act#: 2184 3-5 yrs Jul 9-Aug 27 Sat 9:00-9:45 am  
Act#: 2183 2-3 yrs Jul 9-Aug 27 Sat 10:00-10:30 am

We encourage you to register for our recreation programs online by visiting [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline). In order to complete your registration, you will need to have an account PIN# and internet login ID. You can easily set this up online, however, if you have trouble, please contact Community Services at 461-3450 during normal business hours. We ask that you refrain from setting up duplicate accounts if you encounter a problem.



## Music Together

Here is your chance to experience a nationwide, research based "Music Together" program for children from birth to 5 years old and the adults who love them! Children will have many opportunities to create and play. Each class is packed with new songs, rhymes, movement activities and instrumental sessions. This is an introduction to a lifetime of musical enjoyment! But best of all it is fun.

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$115 – Resident  
\$120 – Non-Resident  
(10-week session.) Babies under the age of 8 months free with registered sibling.

Materials Fee: A required \$38 fee which includes 2 CDs, parent guide and songbook, is due to instructor during first class meeting.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2189 9 mos- 5 yrs Jun 20-Aug 15\* Mon 4:30-5:15 pm**

**Act#: 2190 9 mos- 5 yrs Jun 21-Aug 9 Tue 9:30-10:15 am**

**Act#: 2191 9 mos- 5 yrs Jun 21-Aug 9 Tue 10:30-11:15 am**

**\*No class 7/4**

## Introduction to Music Together

This is a great introductory class to the Music Together program. Come out and play with us and find out what Music Together classes are all about.

Instructor: Elena Salisbury, MM from Russian Conservatory, registered Music Together teacher.

Fee: \$30 – Resident  
\$35 – Non-Resident  
(2-week session.)  
Babies under the age of 8 months free with registered sibling.

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2192 8 mos-5 yrs Aug 22-Aug 29 Mon 4:30-5:15 pm**

**Act#: 2193 8 mos-5 yrs Aug 23-Aug 30 Tue 9:30-10:15 am**



## 1,2,3... Math is for Me

This fun and developmentally appropriate class is aligned with standards and goals of the California Preschool Learning Foundations. Your child will discover that math is fun and all around them as they explore concepts such as classification, patterns, cardinal and ordinal counting, measurement, basic geometry, math vocabulary and reasoning including extrapolation. Our experienced instructor has been teaching math to preschoolers in Orange County for over 15 years.

Instructor: Iona Pally

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week sessions)

Material Fee: \$25 fee is due to instructor during first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2277 4-6 yrs Jun 24-Aug 12 Fri 1:00-1:45 pm**

**Act#: 2278 4-6 yrs Jun 18-Aug 6 Sat 10:00-10:45 am**

## Alphabet Soup

This fun and developmentally appropriate reading program is aligned with the standards and goal of the California Preschool Learning Foundations. The Alphabet Soup curriculum is taught through games, puppets, puzzles, movement, songs, alphabet blocks and arts and crafts. You will be amazed as your child begins to recognize and learn consonant sounds, sight words, short and long vowel sounds and how to tell them apart while reading! Our experienced instructor has been teaching reading to preschoolers in Orange County for over 15 years.

Instructor: Iona Pally

Fee: \$120 – Resident  
\$125 – Non-Resident  
(8-week sessions)

Material Fee: \$25 fee is due to instructor during first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2279 4-6 yrs Jun 24-Aug 12 Fri 2:00-2:45 pm**

**Act#: 2280 3 ½ - 4 ½ yrs Jun 24-Aug 12 Fri 3:00-3:45 pm**

**Act#: 2281 4-6 yrs Jun 18-Aug 6 Sat 11:00-11:45 am**

**Act#: 2282 3 ½ - 4 ½ yrs Jun 18-Aug 6 Sat 12:00-12:45 pm**

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 35-36 for more info.

**Parks  
Make  
Life  
Better!**



## Eutonic School of Music

The Eutonic School of Music offers a variety of classes for young and aspiring musicians. These classes are designed to enhance your child's understanding of music and increase their ability to play and perform.

Instructor: Eutonic School of Music Staff

Fee: \$90 – Resident  
\$95 – Non-Resident  
(6-week sessions)

Location: Eutonic School of Music  
(25411 Trabuco Rd. Suite 221)

**To Register: Online, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Drums: An additional \$10 material fee is due to instructor first class meeting**

**Act#: 2194 6-17 yrs Jun 22-Jul 27 Wed 4:00-4:45 pm**

**Flute (An additional \$10 material fee is due to instructor first class meeting)**

**Act#: 2196 9-17 yrs Jun 27-Aug 1 Mon 5:00-5:45 pm**

**Children's Singing (An additional \$10 material fee is due to instructor first class meeting)**

**Act#: 2198 5-12 yrs Jun 24-Jul 29 Fri 4:30-5:30 pm**

**Act#: 2199 5-12 yrs Jun 24-Jul 29 Fri 5:30-6:30 pm**

**Violin (An additional \$12 material fee is due to instructor first class meeting)**

**Act#: 2200 6-17 yrs Jun 22-Jul 27 Wed 4:30-5:15 pm**

**Act#: 2201 6-17 yrs Jun 22-Jul 27 Wed 5:15-6:00 pm**

## Bumper Bowling

Kids will love this bowling class because with bumpers, there are no gutter balls. The first two weeks of this class are spent teaching basic delivery skills and etiquette, and the last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. Bowling balls, shoes and a certified bowling instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2203 3-7 yrs Jun 25-Aug 13 Sat 9:30-10:30 am**

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 35-36 for more info.

## Bowling for Fun

Here's a great way to improve your bowling skills and learn the basic fundamentals of bowling. The first two weeks of this class are spent teaching basic delivery skills and etiquette. The last six weeks are spent integrating these skills into individual league play, while establishing a bowling average. By the end of the eight week session, your child will be confident enough to join a junior league or just practice with friends. House balls, shoes, and a certified instructor are provided during the class.

Instructor: Treesa Spencer

Fee: \$80 per participant – Resident  
\$85 per participant – Non-Resident  
(8-week session)

Location: Forest Lanes Bowling Alley (22771 Centre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2202 8-17 yrs Jun 25-Aug 13 Sat 9:30-10:30 am**

## Youth Kung Fu and Conditioning Class

Kung fu stresses self-discipline, self-defense and personal growth. Students will learn that kung fu is about balance and self-discipline. Kung fu is not about winning or losing, it is about focus, enrichment and tolerance for others. This class will encourage self-control and respect for others. Classes are taught in a relaxed, social environment. In order to insure quality instruction and comfort, there is a **15-student limit** for this class. *Ages 5 to 15 may attend.* [www.laukunedo.com](http://www.laukunedo.com). **Free demo classes will be held on Monday, June 20th at 3:00 pm and Tuesday, June 21st at 4:00 pm. To register for demo class, please call 351-8493 as space is limited.**

Instructors: Tai Weidmann and Mathew Carver

Fee: \$60 per participant – Resident  
\$65 per participant – Non-Resident  
(4-week session)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St #207)

**To Register: On-line, Mail In, Walk-In**

**For more info call: Lau Kune Do Temple of Martial Arts at 351-8493**

**Act#: 2204 5-9 yrs Jun 27-Jul 20 Mon/Wed 3:00-4:00 pm**

**Act#: 2205 5-9 yrs Jun 28-Jul 21 Tue/Thu 4:00-5:00 pm**

**Act#: 2206 10-15 yrs Jun 27-Jul 20 Mon/Wed 4:00-5:00 pm**

**Act#: 2207 10-15 yrs Jun 28-Jul 21 Tue/Thu 3:00-4:00 pm**

We encourage you to register for our recreation programs online by visiting [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline). In order to complete your registration, you will need to have an account PIN# and internet login ID. You can easily set this up online, however, if you have trouble, please contact Community Services at 461-3450 during normal business hours. We ask that you refrain from setting up duplicate accounts if you encounter a problem.



## Tennis For Everyone ~ Youth

Children are invited to learn to play this fascinating sport. Participants will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Materials Fee: A \$10 T-shirt fee (uniform) payable to the instructor first day of class.

Location: Monday classes - Pittsford Park (21701 Pittsford Dr)

Wednesday classes – Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2208	3-5 yrs	Jun 27-Aug 15	Mon	3:30-4:30 pm
Act#: 2209	6-7 yrs	Jun 27-Aug 15	Mon	4:30-5:30 pm
Act#: 2210	8-12 yrs	Jun 27-Aug 15	Mon	5:30-6:30 pm
Act#: 2211	3-5 yrs	Jun 29-Aug 17	Wed	3:30-4:30 pm
Act#: 2212	6-7 yrs	Jun 29-Aug 17	Wed	4:30-5:30 pm
Act#: 2213	8-12 yrs	Jun 29-Aug 17	Wed	5:30-6:30 pm

## Family

### Baby Boot Camp – Mommy & Me Fitness



Turn your stroller into a portable fitness machine so that you can exercise with your baby! This fitness class is specifically designed for parents and babies, ages 6 weeks to 4 years (must be in a stroller). This workout is designed for parents of any fitness level. Baby Boot Camp combines strength exercises with power walking or jogging drills to target all major muscle groups. Each class ends with abdominal and core strengthening exercises that help you prepare for labor, shed post partum pounds and make new friends. Classes meet twice a week and are taught by a certified personal trainer.

Instructor: Christianne Lopez

Fee: \$60 per participant – Resident  
\$65 per participant – Non-Resident  
(4-week session)

Material Fee: A \$20 material fee is due to the instructor during the first class meeting

Location: Foothill Ranch Community Park  
(19422 Rue De Valore)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2289	Jul 11-Aug 3	Mon/Wed	9:00-10:00 am
Act#: 2290	Aug 8-Aug 31	Mon/Wed	9:00-10:00 am

## Beginning Guitar

This class is designed to build a strong foundation for people with no experience playing the guitar. Students will learn several open position chords and many strum styles and time signatures. Students must bring their own guitar and tuner.

Instructor: Ron Gorman

Fee: \$95 – Resident  
\$100 – Non-Resident  
(5-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2214 Families Jun 22-Jul 27\* Wed 5:00-6:00 pm  
\*No class 7/6

## Dog Obedience Class

This class focuses on basic obedience and solving behavior problems. Do not bring dog to first class. Owner must provide proof of vaccinations, choke chain, and leash. This course is designed for dogs at least 4 months of age or older. *(Participants who show proof of adopting an animal from the Orange County Animal Shelter within six months of the adoption date will receive a 25% discount on the registration fee. Only valid for Mail-in and Walk-In registration with copy of adoption papers.)*

Instructor: Mari Quillman

Fee: \$65 – Resident  
\$70- Non-Resident  
(8-week session)

Location: Heroes Park (25420 Jeronimo Road)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2215 Families Jun 8-Jul 27 Wed 7:00-8:00 pm



Holly "Harriet" Magill

## Basic First Aid

This American Safety and Health Institute (ASHI) course meets OSHA requirements and is EMSA-approved for daycare providers. This course covers how to treat bleeding, burns, shock and other emergencies. Participants will receive a First Aid card valid for three years. *Participants should bring a self-addressed stamped envelope.* Please note: This is not a Health Care Provider level course.

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: Free – Resident  
\$5 – Non-Resident

**(Pre-registration is required for this course and space is limited)**

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2220 10-Adult Aug 6 Sat 3:00-5:00 pm

## Seriously Awesome Sitters

Here's the ultimate babysitter preparation class! Not only will you become certified in Basic First Aid and Adult, Child and Infant CPR, but you'll also learn how to market your services, safely care for children, make healthy snacks, and entertain kids so that you'll be recognized as an awesome sitter who will be asked back again and again! An additional \$40 material fee is payable to the instructor in class for training manuals, certification cards, mannequins, supplies, etc. Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or Teddy Bear to class. **Basic First Aid content may be too graphic for younger participants.**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$40 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2216 10 yrs-Adult Aug 6 Sat 10:00 am-5:00 pm**

## CPR: Adult, Child & Infant

The ability to perform CPR properly is a lifesaving skill that everyone could benefit from learning. This American Safety and Health Institute (ASHI) course meets the requirements of OSHA and is EMSA approved for daycare providers. This course covers CPR and the Heimlich maneuver for adults, children and infants. In addition, each participant will have his/her own 2 mannequins on which to practice. Participants will receive a certification card which is valid for 2 years. **Participants should bring a self-addressed stamped envelope. Please Note: This is not a Healthcare Provider level course. (Pre-registration is required for this course and space is limited.)**

Instructor: Workshops on Wellness – Sabrina Bradley, MS, CHES

Fee: \$28 – Resident  
\$33 – Non-Resident  
(one-time workshop)

Material Fee: An additional \$13 material fee is due to instructor the day of class

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2217 10 yrs-Adult Jun 15 Wed 7:00-9:45 pm**  
**Act#: 2218 10 yrs-Adult Jul 13 Wed 7:00-9:45 pm**  
**Act#: 2219 10yrs-Adult Aug 6 Sat 12:30-3:00 pm**

Three easy ways to register:  
on-line, mail-in or walk-in!  
Turn to pages 35-36 for more info.

## Adult

### Adult Open Gym Volleyball

Come on down to the Saddleback Valley Volleyball Club training facility for some action-packed games and excitement during their adult open gym hours. All skill levels are welcome, so whether you're a beginner or a pro, you'll get a great workout while playing this fantastic sport.

Instructor: S.V.V.C. staff

Fee: \$30 – Resident  
\$35 – Non-Resident  
(6-week sessions)

Location: Saddleback Valley Volleyball Club  
(26923 Fuerte Dr.)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2275 18 & up Jun 10-Jul 15 Fri 7:30-11:00 pm**  
**Act#: 2276 18 & up Jul 22-Aug 26 Fri 7:30-11:00 pm**

### Drums of Africa

This unique course is an introduction to the West African djembe ensemble and its rich traditions, cultural aspects and celebrations. Using traditional technique and rhythm patterns, we will explore the musical spirit of traditional as well as contemporary popular hand drumming. Instructor provides drums and you may bring your own djembe.

Instructor: George Medlock

Fee: \$53 – Resident  
\$58 – Non-Resident  
(4-week sessions)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2227 18 & up Jun 6-Jun 27 Mon 6:00-7:15 pm**  
**Act#: 2228 18 & up Jul 18-Aug 8 Mon 6:00-7:15 pm**  
**Act#: 2229 18 & up Aug 15-Sep 5 Mon 6:00-7:15 pm**

### Yoga Booty Ballet

This LA workout for the "new millennium" is a fun, spirited way to get a great workout the Hollywood way. Participants work their body with a hybrid of hatha yoga, exhilarating cardiovascular dance, and the grace and strength training of ballet movements. This class will help create the long and lean muscles of a dancer while promoting weight loss, improving strength, conditioning, and overall wellness of body and mind. Participants should bring a yoga mat and water to class.

Instructor: Kim Esmond, OC Dance Productions

Fee: \$72 – Resident  
\$77 – Non-Resident  
(6-week session)

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**Act#: 2226 18 & up Jun 27-Aug 8\* Mon 6:30-7:30 pm**  
**\*No class 7/4**



## Floral Design Workshops

Design beautiful flower arrangements and learn about the tools, creative techniques and current trends used by professional floral designers. Students must bring floral shears or scissors and wire cutters to each class.

Instructor: Theresa Hoefnagels

Fee: \$30 – Resident  
\$35 – Non-Resident  
(1-day workshop)

Materials Fee: An additional cash-only materials fee of \$35 due to instructor at first class meeting

Location: Lake Forest Community Center  
(25550 Commercentre Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

**FLORAL ART: Creative floral design with beautiful seasonal flowers**

Act#: 2221 Adult Jun 29 Wed 6:00-7:30 pm

**ZENSATIONAL FLORAL DESIGN: Contemporary floral design with tropical flowers and textured leaves**

Act#: 2222 Adult Jul 27 Wed 6:00-7:30 pm

**ROSES, ROSES, ROSES: A new twist on a classic style – Design a beautiful and artistic rose arrangement**

Act#: 2223 Adult Aug 24 Wed 6:00-7:30 pm

## Dog Agility Training

These classes are an introduction and continuation to one of the fastest growing sports around – dog agility. Our Intelligent Agility classes focus on learning the basic obstacles in an agility course, strengthening the bond between you and your dog, getting a little extra oxygen into the bloodstream and having a really good time with your pooch. These courses will not be strenuous, but you may have to make a few funny faces to get your dog's attention. At the end of the course you will be surprised at how much both you and your dog have learned. Dogs must have proof of vaccination and have completed a previous obedience class. Dogs also must be at least 8 months of age to participate.

Instructor: Erin Riley

Fee: \$125 – Resident  
\$130 – Non-Resident  
(5-week session)

Location: Pittsford Park (21701 Pittsford Dr)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2230	Adult	Beginning	Jun 11-Jul 9	Sat	9:00-10:00 am
Act#: 2231	Adult	Intermediate*	Jun 11-Jul 9	Sat	10:15-11:15 am
Act#: 2232	Adult	Advanced**	Jun 11-Jul 9	Sat	11:30 am-12:30 pm
Act#: 2233	Adult	Beginning	Jul 30-Aug 27	Sat	9:00-10:00 am
Act#: 2234	Adult	Intermediate*	Jul 30-Aug 27	Sat	10:15-11:15 am
Act#: 2235	Adult	Advanced**	Jul 30-Aug 27	Sat	11:30 am-12:30 pm

\*Course requires completion of beginning class

\*\*Course requires completion of intermediate class

## Kung Fu: Self-Defense

Over the course of 8 structured classes, we will focus on self-defense, fitness and self-knowledge. Kung fu is a self-defense system that can save people's lives. It also strengthens tendons, stretches muscles and invigorates joints and tissues. Kung fu challenges your body and mind, cultivates self-discipline and increases strength and flexibility. **Free demo classes will be held on Monday, June 20<sup>th</sup> at 7:00 pm and Tuesday, June 21<sup>st</sup> at 6:00 pm. To register for demo class, please call 351-8493 as space is limited.**

In order to insure quality instruction and comfort, there is a **15-student limit** for this class. CLASSES MEET TWICE A WEEK.

Instructors: Mathew Carver and Paul Bennett

Fee: \$50 per participant – Resident  
\$55 per participant – Non-Resident  
(4-week session; attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St #207) [www.laukunedo.com](http://www.laukunedo.com)

**To Register: On-line, Mail In, Walk-In**

**For more info call: Lau Kune Do Temple of Martial Arts at 351-8493**

Act#: 2236	Adult	Jun 27-Jul 20	Mon/Wed	10:00 -11:00 am
Act#: 2237	Adult	Jun 27-Jul 20	Mon/Wed	7:00-8:00 pm
Act#: 2238	Adult	Jun 28-Jul 21	Tue/Thu	6:00-7:00 pm

## Brazilian Jiu-Jitsu for Beginners



This is a **non-contact** course which safely introduces teens and adults to the basic fundamental techniques and principles of Brazilian Jiu-Jitsu. Students will learn this practical and effective martial art that teaches techniques utilizing leverage and the ability to turn an opponent's strength and size against themselves. Mixed Martial Arts incorporates techniques from various other martial arts, including Wrestling, Kickboxing, and Muay Thai. Along with learning self-defense, students will build their confidence, fitness, and self-discipline. Athletic shorts or Board shorts (preferred), and T-shirts or Rash Guards (preferred) are required for students.

Instructor: O.C. Jiu-Jitsu Staff

Fee: \$80 per participant – Resident  
\$85 per participant- Non-Resident  
(8 classes per session)

Location: O.C. Jiu-Jitsu (22661 Lambert Street, Suite #209)

**To Register: On-line, Mail-In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2306	12 yrs & up	Jun 7-30	Tue & Thu	6:00-7:00 pm
Act#: 2307	12 yrs & up	Jul 12-Aug 4	Tue & Thu	6:00-7:00 pm
Act#: 2308	12 yrs & up	Aug 9-Sep 1	Tue & Thu	6:00-7:00 pm

We encourage you to register for our recreation programs online by visiting [online.activecommunities.com/lfireconline](http://online.activecommunities.com/lfireconline). In order to complete your registration, you will need to have an account PIN# and internet login ID. You can easily set this up online, however, if you have trouble, please contact Community Services at 461-3450 during normal business hours. We ask that you refrain from setting up duplicate accounts if you encounter a problem.

## Tai Chi: Relaxation, Balance and Stress Reduction

Over the course of 8 structured classes, you will learn to cultivate your own internal energy and reduce stress the natural way with the flowing, gentle art of tai chi. This meditative art focuses on relaxation, stress reduction and returning the body to its natural state of balance. You can expect your energy levels to skyrocket while your circulatory, nervous and respiratory systems strengthen and harmonize. Tai chi increases flexibility through simple stretching and helps galvanize the joints, tendons and bones from degenerating diseases, accidents or over-use. Please wear comfortable, loose fitting clothing. In order to ensure quality instruction and comfort, there is a **15-student limit** for this class. **Free demo classes will be held on Monday, June 20th at 6:00 pm and Tuesday, June 21st at 7:00 pm. To register for demo class, please call 351-8493 as space is limited.**

Instructors: Mathew Carver

Fee: \$50 – Resident  
\$55 – Non-Resident  
(4-week session-attend 2 classes per week)

Location: Lau Kune Do School of Martial Arts  
(22762 Aspan St #207) [www.laukunedo.com](http://www.laukunedo.com)

**To Register: On-line, Mail In, Walk-In**

**For more info call: Lau Kune Do Temple of Martial Arts at 351-8493**

Act#: 2239	Adult	Jun 27-Jul 20	Mon/Wed	6:00-7:00 pm
Act#: 2240	Adult	Jun 27-Jul 20	Mon/Wed	9:00-10:00 am
Act#: 2241	Adult	Jun 28-Jul 21	Tue/Thu	7:00-8:00 pm

## Tennis For Everyone ~ Adult

You will do it all, from drills to match play, in a fast-paced, fun-filled environment. Please bring an unopened can of tennis balls to the first class meeting. A \$10 T-shirt fee (optional) is payable to the instructor on the first day of class.

Instructor: Fabian Grassini Tennis & Sports Staff

Fee: \$95 per participant – Resident  
\$100 per participant – Non-Resident  
(8-week session)

Location: El Toro Park Tennis Courts (23701 Los Alisos Blvd)

**To Register: On-line, Mail In, Walk-In**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2242	16 yrs & up	Jul 2-Aug 20	Beg Sat	9:00-10:00 am
Act#: 2243	16 yrs & up	Jul 2-Aug 20	Int Sat	10:00-11:00 am

We encourage you to register for our recreation programs online by visiting [online.activecommunities.com/lfreconline](http://online.activecommunities.com/lfreconline). In order to complete your registration, you will need to have an account PIN# and internet login ID. You can easily set this up online, however, if you have trouble, please contact Community Services at 461-3450 during normal business hours. We ask that you refrain from setting up duplicate accounts if you encounter a problem.

## SPECIAL NEEDS

*The City of Lake Forest in conjunction with Us Too Gymnastics is excited to be able to offer recreation programs for children with special needs.*

**us too gymnastics, inc.**  
For kids who need a little extra help

### Us Too Gymnastics ~ Mommy and Me

Our gymnastics class is specifically designed for children and teens with special needs (autism, down syndrome, etc.) Your child will learn basic gymnastics, while working on social behaviors and taking turns, but most of all they will have fun. The ratio for our classes is 3 – 5 students with 2 teachers.

Instructors: Nol Ericson, Anne Rodgick, Jordan Richard, Lindsey Smith and Sommer Smith

Fee: \$125 per month – Resident  
\$130 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

**To Register: Mail In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2244	Walking-12 yrs	Mommy& Me	On-going	Tue	4:00-4:45 pm
Act#: 2245	Walking-12 yrs	Beg	On-going	Mon	3:00-3:45 pm
Act#: 2246	Walking-12 yrs	Int	On-going	Thu	5:00-5:45 pm

### Pragmatics, Gymnastics, Discussion and Percussion

Social skills taught in themed weeks including a drum circle, community outings, gymnastics and recess play. Ideal for kids 7-11 needing a little extra help with topic maintenance, using expressions, reading social cues, accepting losing/being chosen last on a team, being a good sport, and much more.

Instructor: Shaun Howell M.S. CCC-SLP

Fee: \$60 per session/\$240 per month – Resident  
\$65 per session/\$260 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

**To Register: Mail-In, Walk-In. On-line registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2247	7-11 yrs	On-going	Fri	5:00-6:00 pm
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### Us Too Tap

Let your child tap their troubles away. This class will teach your child basic tap skills while they tap their feet to a real cool beat.

Instructors: Dawn Ferry

Fee: \$45 per month – Resident  
\$50 per month – Non-Resident

Location: 25 Spectrum Pointe Dr #405

**To Register: Mail-In, Walk-In. Online registration is not available for this program.**

**For more info call: The City of Lake Forest at 461-3450**

Act#: 2248	All Ages	Ongoing	Sat	10:00-10:30 am
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# Mark your calendar this Fall for...

## The Fourth Annual Haunt at Heritage Hill



### "Friday Night Fright"

Friday, October 21  
5:30-10 pm

## Autumn Harvest Festival



### "The Adventure Continues"

Saturday, October 22  
4-9 pm

*Look for your Fall Leisure Times  
at the end of July for more info!*





## SUMMER 2011 PROGRAMS

Please call for additional program information or visit [www.ocpl.org](http://www.ocpl.org)

### El Toro Branch Library

24672 Raymond Way • 855-8173

**Admission Free:** All programs made possible through the generosity of The Friends of the El Toro Library

#### SUMMER READING PROGRAMS

Friday, July 1 to Sunday, July 31.

Read books and earn prizes!

##### "One World, Many Stories":

Any age up to 12 years may participate; children too young to read themselves may count "listening" minutes.

**"You Are Here":** Ages 12-18.

##### "Novel Destinations":

##### Adult Summer Reading Program.

Take a trip with books and sign up for a scrapbook class. Drawings for prizes included. Inquire at the Information Desk.

#### SCHOOL AGE PROGRAMS: Ages 4-12

45-60 minute programs on Thursdays beginning at 3 p.m.

##### Wild Wonders: Thursday, July 7

Meet live animals from around the world.

##### Jeffrey The Great: Thursday, July 14

"World of Magic" show

##### Heebie & Jeebie: Thursday, July 21

A musical comedy adventure

##### Michael D. McCarty: Thursday, July 28

International folktales

#### TEEN PROGRAM: Ages 12-18

##### Lasermania: Saturday, July 30, 2 p.m.

Pop/rock music with dramatic laser animation.

#### STORYTIMES

##### Toddler Time:

For ages 0-3 and their caregivers. Mondays, July 11, 18, 25, August 1, 8, 15, 22, 10 a.m.

##### Preschool Storytime:

For ages 3-5. Parents welcome. Wednesdays, July 6, 13, 20, 27, August 3, 10, 17, 24, 1:30 p.m.

#### HAPPY BIRTHDAY, OCPL

##### Monday, August 1, 3 p.m.

Celebrate Orange County Public Library's 90th birthday! See Buster Balloon's balloon art show and stay for a reception.



### Foothill Ranch Library

27002 Cabriole Way • 855-8072

**Admission Free:** All programs made possible through the generosity of The Friends of the Foothill Ranch Library

#### SUMMER READING PROGRAMS

Friday, July 1-Sunday, July 31.

**"One World, Many Stories":** Register all summer beginning June 27. Incentives available beginning July 5.

#### CHILDREN'S STORY TIMES

##### Pre-School Story Time: Ages 3-5

Tuesdays, 10:30-11:00 a.m., July 5- 26

##### Toddler Story Time: Ages 0-3

Tuesdays, 11:00-11:25 a.m., July 5- 26

#### SPECIAL CHILDREN'S PROGRAMS

**Recommended for ages 4-13. Programs last approximately 45 minutes. All programs will be held in the Library Community Room unless otherwise noted.**

##### Picture This – Sidewalk Chalk Art

Monday, June 27, 2011, 11:00 a.m. Library Patio & Walkway. Decorate our patio and front walkway using sidewalk chalk. Then come inside and sign up early for the Summer Reading Program.

##### Abbit, the Average: Monday, July 11, 11:00 a.m.

45 minutes of high-energy comedy, magic, juggling, and variety.

##### Wild Wonders: Monday, July 18, 11:00 a.m.

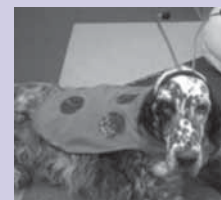
Have lots of fun learning about live animals from around the world and their habitats.

##### Rudy's Radical Science: Monday, July 25, 3:00 p.m.

Join us for amazing experiments and a cool treat that Rudy will whip up for you in his traveling science lab.

##### Read to a Dog and Girl Scout Story Times

KidZone area in the main building. Dates and times TBD.



"Gracie"

#### TEEN AND ADULT PROGRAMS

Teens (ages 12-18) will get their pick of sweet treats when they read each week throughout the summer. In addition, one lucky teen will win a pair of movie passes each week, and YOU might even win the grand prize at the end of the program. Adults will participate in the summer reading program by writing book reviews of titles they read in the summer. Enter to win the grand prize drawing, held at the end of summer.



# HOW TO REGISTER

## Summer 2011 Registration Dates

Lake Forest Residents: Tuesday, May 17

Non-Residents: Tuesday, May 24



## 3 easy ways to register:

### 1 ON-LINE REGISTRATION

Call the City of Lake Forest at 461-3450 to get your Family On-Line Account set-up. We recommend calling prior to **Tuesday, May 17**.

Go on-line to <https://online.activecommunities.com/lfreonline> to register or visit the City's website at [www.lakeforestca.gov](http://www.lakeforestca.gov) and click on the on-line registration button located under Recreation Services or on the left hand side of the home page.



### 2 MAIL-IN REGISTRATION

Complete the Program Registration Form and enclose your check payable to the "City of Lake Forest." Please complete a registration form with a separate check for each program.

**Mail to:** City of Lake Forest, Attn: Program Registration,  
25550 Commercentre Drive, Suite 100  
Lake Forest, CA 92630



### 3 WALK-IN REGISTRATION

Bring the Program Registration Form, your check, or cash to City Hall, located at 25550 Commercentre Drive (2nd floor), Lake Forest, CA 92630. Credit Cards are not accepted at City Hall for programs.



## Refund Policy

1. A full refund will be given for any activity cancelled by the City of Lake Forest.
2. In the case of a City excursion, if a refund is requested and the City is able to fill the spot, the participant will receive a full refund minus the \$10 administrative fee.
3. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take up to 30 days to process from the date of cancellation of a program.
4. Tickets that are purchased for City of Lake Forest Excursions are non-transferable.
5. Refunds will not be given for any portion of recreation classes after the second meeting of the class has taken place. If a refund is requested prior to the second week of class, a refund will be given minus a \$10 administrative fee.
6. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).

## General Information

1. All programs are subject to cancellation or schedule changes.
2. We do not pro-rate any of our classes or programs; late registrants will be obligated to pay full price for the course.
3. In the case that we receive your Program Registration Form and the activity is full, we will put you on the wait list. You will receive a phone call if this occurs.
4. Please submit a separate check for each program with your registration form. In the case that you do submit one check for numerous activities and one of them is full, we cannot process your registration and it will be returned to you.
5. Registrant must meet the minimum or maximum age requirements for class enrollment.
6. Your cancelled check will serve as your receipt. If you would like a printed receipt sent to you, please enclose a self-addressed, stamped envelope when submitting your completed registration form.
7. Returned check policy: If your check is returned to us, you will be charged a \$25.00 fee in addition to the amount of the original check. You will be prohibited from registering for future programs until any returned check issues are resolved.
8. Activities may be cancelled if the minimum is not met. You will be contacted if a class or program for which you have registered has been cancelled.
9. A \$5.00 non-resident fee will be applied to certain classes and programs.

Questions on  
Registration?  
Call 461-3450





# City of Lake Forest • Community Services Division

## Program Registration Form

If you need more than one registration form, please photocopy.

### PRIMARY CONTACT (responsible adult for registering persons into courses)

Last Name _____	First Name _____	<input type="checkbox"/> Male
Birthday _____ (mm/dd/yy)	Email _____	<input type="checkbox"/> Female
Street Address _____	City, State, Zip _____	
Home Phone ( ) _____	Work Phone ( ) _____	
Emergency Contact _____	Emergency Phone ( ) _____	

### OTHER FAMILY MEMBERS living with primary contact (spouse, children, etc.)

Children's birthdates must be filled out completely in order to process registrations.

Last Name	First Name	Birthday	Sex
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F

Please make sure registrant meets the minimum or maximum age requirements for class enrollment prior to submitting Program Registration Form.

Activity #	Participant Name	Birthday	Sex	Activity Name	Fees
		(mm/dd/yy)	<input type="checkbox"/> M <input type="checkbox"/> F		
<b>Please send a separate check for each activity</b>					<b>Total Activity Fees</b>

**REFUND POLICY** In the case of a City excursion, if a refund is requested and the City is able to fill the spot, a full refund minus the \$10 administrative fee will be given to the participant. In the case that the City is not able to fill the spot, no refund will be given. Refunds may take 30 days from date of cancellation to process. Refunds will be not be given for any portion of recreation classes after the second meeting of the class. In the case refunds are requested prior to the second class meeting, a full refund minus the \$10 administrative fee will be given. Refunds are not given for any program that may be cancelled with a fee of \$10 or less per participant (per receipted transaction).



**If you need special assistance for this program, please contact the Recreation Division ASAP at 461-3450.**

### PARTICIPANT AND/OR PARENT RELEASE FORM

I hereby consent to treatment and all medical care deemed necessary as a result of accident or injury.

☐ Yes ☐ No

I further agree to pay any and all costs incurred as a result of said treatment.

☐ Yes ☐ No

I permit the use of activity/event photography and/or video of my child or myself for media promotion.

☐ Yes ☐ No

Please contact me via email regarding upcoming city events and news at: \_\_\_\_\_

I agree to waive and release the City of Lake Forest (City), its officers, agents, employees and volunteers, from and against any claims, costs, liabilities, expenses or judgments, including attorney's fees and court costs arising out of my participating in the City's Programs or any illness or injury resulting therefrom, and hereby agree to indemnify and hold harmless the City from and against any and all claims, except for illness and injury resulting directly from gross negligence or willful misconduct on the part of City or its employees.

I HAVE READ AND UNDERSTAND THIS RELEASE FORM LIABILITY.

\_\_\_\_\_  
Date \_\_\_\_\_

(Signature) Parent or Guardian must sign for those under 18 years of age

Mail this form with your payment to: **City of Lake Forest**  
**ATTN: Program Registration**  
**25550 Commercentre Drive, Suite 100**  
**Lake Forest, CA 92630**

Questions on  
Registration?  
Call 461-3450

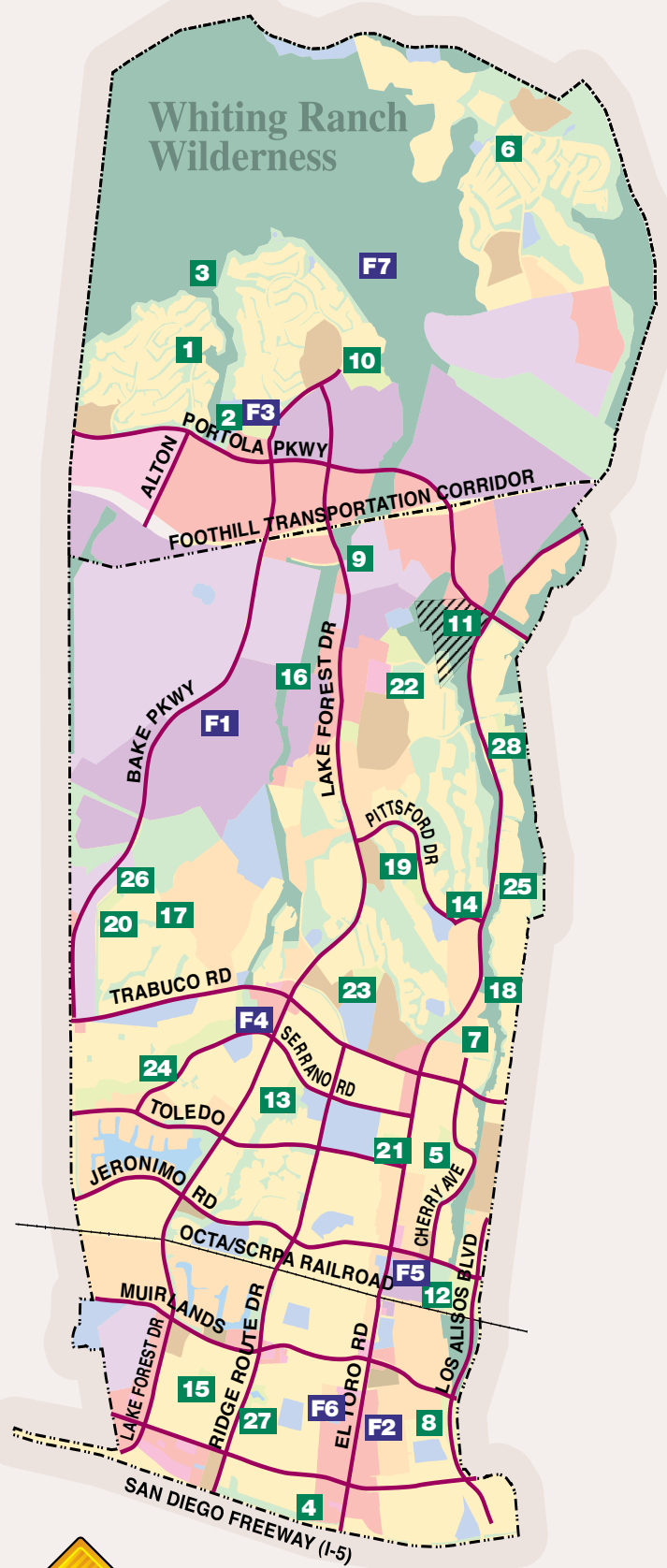


**Receipt of this signed form and your payment confirms your registration based upon availability until the activity is full.**

Office Use Only	Receipt# _____	Paid by Check# _____	Paid by Cash Amount _____	Initial/ Date _____	Conf _____
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**Credit Card Payments are not accepted at City Hall**

# City Of Lake Forest Park Guide



## CITY PARKS

		Acre	Barbecues	Basketball	Playground	Fitness/Walking	Picnic	Restrooms	Soccer	Baseball	Tennis Court
<b>1</b>	<b>Alton Park</b> 18992 Alton Parkway	2.3	4	1 <sup>hc</sup>	1	9					
<b>2</b>	<b>Borrego Park</b> 26982 Cabriole	11	5	1 <sup>hc</sup>	1	1	11	1	1		
<b>3</b>	<b>Borrego Overlook Park</b> 21 Viaggio Lane	1.6	3		1	5					
<b>4</b>	<b>Cavanaugh Mini Park</b> 23782 Cavanaugh Road	0.2		1 <sup>hc</sup>	1	1					
<b>5</b>	<b>Cherry Park</b> 22651 Cherry Avenue	4.5	6	1 <sup>hc</sup>	1		4	1 <sup>s</sup>			
<b>6</b>	<b>Concourse Park</b> 18931 Saddleback Ranch Road	7	2	1 <sup>hc</sup>	2	1	14	2 <sup>s</sup>			
<b>7</b>	<b>Darrin Park</b> 22461 Cherry Avenue	3.1	6	1 <sup>hc</sup>	1		11	1 <sup>s</sup>			
<b>8</b>	<b>El Toro Park</b> 23701 Los Alisos Boulevard	10	4		1	7	1 <sup>s</sup>	1			2 <sup>L</sup>
<b>9</b>	<b>Etnies Skatepark of Lake Forest</b> 20028 Lake Forest Drive	5.3			Skatepark L			1			
<b>10</b>	<b>Foothill Ranch Community Park</b> 19422 Rue De Valore	15.5		1 <sup>fc</sup>	1	1	7	1	1	2	2
<b>11</b>	<b>Future Sports Park Location</b> Portola Parkway and El Toro Road										
<b>12</b>	<b>Heroes Park</b> 25420 Jeronimo Road	12.4	1			1	2	1	2	4	
<b>13</b>	<b>Lake Forest Park</b> 24000 Serrano Road	2.3			1						
<b>14</b>	<b>Montbury Park</b> 21962 Montbury Drive	3.5	1			2					
<b>15</b>	<b>Mountain View Park</b> 4061 Dylan Street	5.3	3	1 <sup>fc</sup> 1 <sup>hc</sup>	2	7	1 <sup>s</sup>			1	2 <sup>L</sup>
<b>16</b>	<b>Nature Park</b> 26215 Dimension Drive	4.5				1	1 <sup>s</sup>				
<b>17</b>	<b>Peachwood Park</b> 21132 Peachwood	2.7			1	4					
<b>18</b>	<b>Pebble Creek Park</b> 26441 Pebble Creek Road	1.9			1	1					
<b>19</b>	<b>Pittsford Park</b> 21701 Pittsford Drive	10	2		2	1	8	1 <sup>s</sup>	1		2
<b>20</b>	<b>Rancho Serrano Park</b> 20842 Paseo Sombra	5.1	3			7					
<b>21</b>	<b>Ranchwood Park</b> 22500 Kilby Street	1.9		1 <sup>hc</sup>	1						
<b>22</b>	<b>Regency Park</b> Regency Lane & Osterman Road	5								1	
<b>23</b>	<b>Rimgate Park</b> 29772 Rimgate	5	1	1 <sup>fc</sup>	3		10	1 <sup>s</sup>			1
<b>24</b>	<b>Serrano Creek Park</b> 25101 Serrano Road	44	3		1	1	19	1 <sup>s</sup>	1		
<b>25</b>	<b>Sundowner Park</b> 22041 Sundowners Lane	0.8	1		1	2					
<b>26</b>	<b>Tamarisk Park</b> Tamarisk at Peachwood	11.2		1 <sup>fc</sup>	1		11			1	
<b>27</b>	<b>Village Pond Park</b> 23102 Ridge Route Drive	4.7				5					
<b>28</b>	<b>Vintage Park</b> 21000 Vintage Street	4.8	5	1 <sup>fc</sup> 1 <sup>hc</sup>	1		11				



renovation in progress

• <sup>fc</sup> full court  
• <sup>hc</sup> half court

• <sup>L</sup> lights  
• <sup>s</sup> shelter



park shelter available for reservation

## OTHER FACILITIES

<b>F1</b>	<b>City Hall</b>	25550 Commercentre #100	461-3400
<b>F1</b>	<b>Community Center</b>	25550 Commercentre	461-3450
<b>F2</b>	<b>El Toro Library</b>	24672 Raymond Way	855-8173
<b>F3</b>	<b>Foothill Ranch Library</b>	27002 Cabriole	855-8072
<b>F4</b>	<b>Heritage Hill Historical Park</b>	25151 Serrano Road	923-2230
<b>F5</b>	<b>Lake Forest Golf</b>	23308 Cherry Avenue	859-1455
<b>F6</b>	<b>El Toro Post Office</b>	24522 Raymond Way	837-1976
<b>F7</b>	<b>Whiting Ranch Regional Park</b>	Trabuco Canyon	923-2245



Look for updated Virtual Parks Tour on the City website at [www.lakeforestca.gov](http://www.lakeforestca.gov) coming soon



# COME AND CAMP OUT WITH US THIS SUMMER!



Skatepark Summer Camp



Lake Forest Rocks Camp



Family Campout



Little Pioneers Camp



**Parks  
Make  
Life  
Better!**